

Massage Therapy Licensing ACT**HB 662**

2009 Legislative Session

Fact Sheet

- For 14 years, Montana Licensed Massage Therapists from 1967-1981
- Currently 42 US states, the District of Columbia and Puerto Rico regulate Massage Therapists. (2 more states have adopted regulation since the prior fact sheet was printed!)
- 1,500 Massage Therapist contacts in the AMTA Montana data base
- 2005 an AMTA Montana Survey showed that 97.27% of Massage Therapists responded in favor of licensing Massage Therapists in Montana

All **correct and current** bill DRAFT information and ways in how you can support massage licensure can also be found on the AMTA Montana Website:

Representative HD 53 Elsie Arntzen
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Submitted by:
Rachel Romanelli
American Massage Therapy Association Montana Chapter
Government Relations Chair
3rd Vice President

The intent of the proposed Massage Therapy Licensing act is to reestablish Massage Therapy licensure, which was in place for 14 years, from 1967 until July 1, 1981, when the Montana Legislature terminated the Board of Massage Therapists pursuant to the Sunset Law of 1977. At that time only 12 US states (including Montana) licensed massage therapists.

In comparison, currently the District of Columbia, Puerto Rico, and 40 US states all regulate massage therapists, while only 10 states (including Montana) have no regulation. At this time massage therapists are seeking regulation in four of those states (including Montana).

When the previous law, Title 37, Chapter 33, was officially repealed in 1983, there were fewer than 100 massage therapists practicing in Montana, whereas now, 25 years later, there are an estimated 2,000 massage therapists practicing in Montana. This number is double and sometimes triple that of other various health care professionals who are currently licensed to practice their professions in our state, which speaks to the future ability to support a Massage Therapy Board.

2(a) Licensing protects and benefits the public by ensuring that all massage therapists who provide services are trained at a nationally established minimum standard of 500 hours of education, and by creating a state regulatory board that enforces ethical guidelines.

The current lack of licensure poses a hazard to the public health, safety, and welfare by allowing under-trained, unregulated, and uncertified practitioners to work without having to meet nationally established minimum standards, and without having ethical guidelines or a governing board available to the consumer for appeal or redress.

2(b) This 500-hour requirement will provide entry level massage therapists with the skill and experience required to make independent, autonomous decisions, and to provide clients with a safe environment.

2(c) Massage therapy is the application of a system of structured touch to the soft tissues of the body that includes manual techniques, pressure, movement, stretching, positioning and holding. Massage therapists use techniques that are applied by the therapist using hands, forearms, elbows, knees, or feet, and the use of hand held massage therapy tools that mimic or support the action of the hands. The primary intent of massage therapy is to enhance or restore health and well-being; to promote pain relief, stress reduction, and relaxation; and to provide general or specific therapeutic benefits.

2(d) While massage therapists may provide services in some ways similar to those of other licensed health care occupations, massage therapists do not diagnose, prescribe, or correct physical limitations of the human body.

2(e) The only people who might be restricted by this bill are those with experience, who refuse the opportunity to gain licensure that is provided by the grandfathering clause. In fact, we believe the number of recognized massage therapists throughout the state will actually increase, due to the passage of this bill.

2(f) As stated above, the entry-level minimum of massage therapy education that will be required is 500 hours. The Massage Therapy Board will determine the number of hours of continuing education in specialized skills and training that will be required to maintain licensure.

2(g) Again, to qualify for active licensure, a massage therapist will have successfully completed studies in a minimum 500-hour course of in-class teacher-supervised instruction that will reflect the national certification exam requirements for entry-level massage therapists. In addition, they will submit an application provided by the Department of Labor and Industry and include the application fee as set by the Massage Therapy Board. They will also provide a high school diploma or its equivalent and be at least 18 years of age.

2(h) An applicant for a grandfathered license shall meet the requirements listed for an entry-level massage therapist, or be in an active, continuous professional massage therapy practice for a minimum of one year prior to the effective date upon passage and approval. The grandfathering clause shall terminate 13 months after the first applications for licensure are available.

2(i) The District of Columbia, Puerto Rico, and the following 40 states have regulated massage therapy: Alabama, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Illinois, Indiana, Iowa, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Mississippi, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oregon, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, Washington, West Virginia, Wisconsin.

2(j) The only alternative to licensure is to have massage therapists unlicensed. As stated earlier this poses a potential hazard to the public health, safety, and welfare, and the common good. But further, if a state does not license massage therapists the administrative and financial burdens of regulating the profession fall upon city or county governments throughout the state. These entities are then left to determine educational requirements, administer licensing or registration fees, and establish and ensure compliance of rules and regulations. This places a financial and time burden on the city, as well as the massage therapists it regulates, and does not ensure the 500-hour-minimum educational requirement for an entry-level massage therapist. It also means that fees for massage therapists to attain licensure or to register in each city could range from nothing to \$1,000 or even more.

2(k) As stated above, from 1967 to 1981 Montana had a Board of Massage Therapists, which was terminated on July 1, 1981, pursuant to the 1977 Sunset Law. This licensing act (Title 37,

Chapter 33) was officially repealed in 1983. In 1997 a somatic practice act was written but not introduced. In 2003 a massage therapy licensure act (SB 258) was written and introduced, but not passed out of committee. In 2005 the Bill Development Group (BDG) was formed, consisting of a coalition of representatives from massage and other somatic practice organizations. The BDG wrote and completed the Massage Therapy Licensure Act in the fall of 2006, but did not submit it to the 2007 legislative session. The BDG reformed in the fall of 2006 as the Massage Therapy Government Relations Committee (MTGRC) and has continued to negotiate with and gain support from other professions to achieve licensure.

3(a) Based on the mailing list of the AMTA of Montana, there are currently 1,500 addresses for massage therapists practicing in the state. Because of the growing numbers of people entering this profession, and considering the number of individuals who are unaccounted for due to the absence of licensure in Montana, we estimate there to be at least 2,000 massage therapists working in Montana to date, and still this may be a low estimation.

3(b) The Massage Therapy Board shall consist of five members appointed by the governor with the consent of the Senate. The members are the following: one member of the general public who is not a medical practitioner, is not a member of a profession regulated by the board, and is not a principal or part owner of a school that educates massage therapists; one member who is a Montana physician, chiropractor, physical therapist, nurse, or naturopathic physician; and three massage therapists.

3(c) Nationally, the average one-time application and licensing examination cost is \$100 for a person who is transferring a license from one state to another; the average one-time application and licensing examination cost is \$300 for an entry-level massage therapist to gain licensure in his or her home state. Therefore, it can be estimated that the initial one-time fees for transfer or entry-level licensure will garner a substantial amount of money that will support the establishment of a Massage Therapy Board.

Following initial licensure, if the annual renewal application fee in Montana is set at \$25 per year per therapist, the income to the Massage Therapy Board, based on an estimated 2,000 massage therapists in the state, would be \$50,000 per year. Incidentally, at the time when Title 37, Chapter 33, was repealed in 1983, the amount of \$25 was the annual license renewal fee.

The history of licensure for massage therapists from 1967-1981, and several attempts since 1997 to regain massage therapy licensure, indicate the commitment of Montana massage therapists to the delivery of professional, quality care for Montana residents. Therefore, we respectfully submit the Massage Therapy Licensing Act bill draft for review and consideration with a positive outlook to passage during the 2009 legislative session.

Respectfully submitted,

Rachel Romanelli
American Massage Therapy Association Montana Chapter
Government Relations Chair
3rd Vice President

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2009 Massage Therapy Industry Fact Sheet

The following is a compilation of data gathered from U.S. government statistics, surveys of consumers and massage therapists and recent clinical studies on the efficacy of massage. These data provide an overview of the current state of the massage therapy profession, public and medical acceptance of the value of massage and increasing consumer usage of massage therapy.

Massage Therapy as a Profession

In 2005, massage therapy was projected to be a \$6 to \$11 billion a year industry.¹

It is estimated that there are 280,000 to 320,000 massage therapists and massage school students in the United States.²

According to the U.S. Department of Labor employment for massage therapists is expected to increase 20 percent from 2006 to 2016, faster than average for all occupations.³

Between August 2007 and June 2008, a fifth of adult Americans (20 percent) had a massage at least once.⁴

Who is Today's Massage Therapist?

Today's massage therapists are...⁵

Most likely to enter the massage therapy profession as a second career.

Predominantly female (88 percent).

In their early-40s, on average.

Most likely to be members of a professional organization.

Most likely to be sole practitioners.

Working an average of 19 hours a week providing massage. (excluding time spent on other business tasks such as billing, bookkeeping, supplies, maintaining equipment, marketing, scheduling, etc.)

Charging an average of \$63 for one hour of massage.

Earning an average wage of \$41.50 an hour (including tips) for all massage related work.

Giving an average of 41 massages per month.

Working in the industry an average of 6.3 years.

Likely to provide massage therapy in a number of settings, including their own home, spa/salon, their own office, a healthcare setting, health club/athletic facility, or massage therapy only franchise or chain.

Eighty-nine percent (89 percent) of massage therapists provide Swedish massage, followed by 82 percent who provide deep tissue massage, 52 percent trigger point, and 49 percent sports massage.

Massage Therapy as a Career

Massage therapy can be a rewarding and flexible career

In 2008, the average annual income for a massage therapist (including tips) who provides 15 hours of massage per week was \$31,500, compared to incomes in 2006 of \$28,170 for full-time healthcare support workers; \$27,190 for full-time medical assistants and \$23,290 for occupational therapist aides.⁶

While massage therapists work in a variety of work environments, sole practitioners or independent contractors account for the largest percentage of practicing therapists (92 percent). Forty-four percent

work at least part of their time at a client's home/business/corporate setting, 29 percent in a spa and 27 percent in a healthcare setting.⁵

Eighty-two percent started practicing massage therapy as a second career.⁵

Forty-nine percent of massage therapists say they would not want to work more hours of massage than they presently do.⁵



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More than half of massage therapists (58 percent) also earn income working in another profession.⁵
Of those massage therapists who earn income working in another profession, 26 percent work in healthcare, while 21 percent practice other forms of body work and 20 percent work in education.⁵

Education and Credentials Valued In the Massage Therapy Profession

There are over 300 accredited massage schools and programs in the United States.⁸
Today there are 91,000 nationally certified massage therapists and bodyworkers. To become nationally certified, a massage therapist must demonstrate mastery of core skills and knowledge, pass an exam, uphold the standards of practice and code of ethics of the National Certification Board for Therapeutic Massage & Bodywork and take part in continuing education.⁹
Ninety-two percent of massage therapists strongly or somewhat agree there should be minimum education standards for massage therapists.⁵
Massage therapists have an average of 633 hours of initial training.⁵
The vast majority of massage therapists (92 percent) have taken continuing education classes.⁵
The average number of hours spent in continuing education is 25 per year.⁵
The most popular choices for continuing education are training for new modalities/techniques, advanced training for specific modalities, and massage for specific populations (e.g. pregnant women, geriatrics and athletes).⁵

State Regulation of the Massage Profession Rapidly Growing

Currently, 42 states and the District of Columbia regulate massage therapists or provide voluntary state certification.⁸
In states that regulate massage therapy, massage therapists must meet the legal requirements to practice which may include minimum hours of initial training and passing an exam.
In states that do not regulate massage therapists, this task may fall to local municipalities.

Who Gets Massage, Where and Why?

According to annual AMTA consumer surveys since 2003, an average of 21 percent of adult Americans received at least one massage each year and an average of 32 percent of adult Americans received a massage in the previous five years.⁶
In July 2008, 45 percent of women and 21 percent of men reported having a massage in the past five years.⁴
Spas are where most people now receive massage, with 23 percent of those surveyed in 2007 saying this is where they had their last massage.⁴

While the use of massage is growing, the reasons people are turning to massage therapy are also expanding. More and more people recognize it as an important element in their overall health and wellness.

Almost one-quarter of adult Americans say they've used massage therapy at least one time for pain relief.⁴

Of the people who had at least one massage in the last five years, 31 percent report they did so for health conditions such as pain management, injury rehabilitation, migraine control, or overall wellness.
Thirty-six percent sought massage for stress relief and 38 percent said they would consider using massage therapy for stress relief or stress management.
Eighty-eight percent agree that massage can be effective in reducing pain.
Eighty-seven percent agree that massage can be beneficial to health and wellness.



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Massage and Healthcare

Healthcare providers are increasingly promoting the benefits of massage to their patients.

In July 2008, thirteen percent of adult Americans reported discussing massage therapy with their doctors or healthcare providers.⁴

Of those 13 percent, more than half (57 percent) said their doctor strongly recommended or encouraged it.⁴

More than half of massage therapists (69 percent) receive referrals from healthcare professionals.⁵

Massage therapy usage in hospitals is common.

The number of hospitals offering massage therapy increased by 30 percent from 2004 to 2006.¹⁰ Of the hospitals that have massage therapy programs, 71 percent indicate they offer massage for patient stress management and comfort, while more than two-thirds (67 percent) utilize massage for pain management.¹⁰ Sixty-seven percent of hospitals with massage therapy programs offer massage to their staff for stress management.¹⁰

Massage therapists and consumers are in favor of integration of massage into healthcare.

Over half of adult Americans (60 percent) would like to see their insurance cover massage therapy.⁴ Ninety-six percent of massage therapists agree massage therapy should be considered part of the healthcare field.⁵

Massage Therapy Research

The therapeutic benefits of massage continue to be researched and studied. Recent research has shown the effectiveness of massage for the following conditions:

- Cancer-related fatigue.¹¹
- Low back pain.¹²
- Osteoarthritis of the knee.¹³
- Reducing post-operative pain.¹⁴
- Boosting the body's immune system functioning.¹⁵
- Decreasing the symptoms of carpal tunnel syndrome.¹⁶
- Lowering blood pressure.¹⁷
- Reducing headache frequency.¹⁸
- Easing alcohol withdrawal symptoms.¹⁹
- Decreasing pain in cancer patients.²⁰

The American Massage Therapy Association (AMTA) is a non-profit, professional association with 58,000 members. The association is directed by a volunteer Board of Directors chosen by its members through a national election and encourages members to participate through its 51 chapters.

The American Massage Therapy Association provides information about massage therapy to the public and it helps consumers and healthcare professionals locate professional massage therapists nationwide, through AMTA's Find a Massage Therapist® national locator service. The free national locator service is available via AMTA's website at www.FindaMassageTherapist.org or toll-free at 888-THE-AMTA [888-843-2682].

¹ Center for Medicare & Medicaid Services. (2004) *National Health Expenditure Projections 2004-2014*. Barnes P, Powell-Griner E, McFann K, Nahin R. *CDC Advance Data Report #34*.



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- ² Data compiled by American Massage Therapy Association (AMTA) 2008.
- ³ U.S. Department of Labor, Bureau of Labor Statistics, *Occupational Outlook Handbook*
- ⁴ 2008 and 2007 AMTA Consumer Surveys
- ⁵ 2008 AMTA Industry Survey
- ⁶ AMTA Consumer Surveys 2003-2008
- ⁷ Based on a comparison of results of an AMTA 2008 Industry Survey and 2006 U.S. Department of Labor, Bureau of Labor Statistics data.
- ⁸ American Massage Therapy Association
- ⁹ The National Certification Board for Therapeutic Massage and Bodywork
- ¹⁰ National Survey conducted by the Health Forum/American Hospital Association 2006
- ¹¹ Currin, J. Meister, E.A. (2008) A hospital-based intervention using massage to reduce distress among oncology patients. *Cancer Nurs.* 31(3):214-21.
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- ¹² Preyde M. (2003) Effectiveness of massage therapy for subacute low back pain: a randomized controlled trial. *Journal of Soft Tissue Manipulation*, 8, 4 – 10.
- ¹³ Perlman AI, Sabina A, Williams AL, Njike VY, Katz DL. (2006) Massage Therapy for Osteoarthritis of the Knee. *Arch Intern Med.* 166(22):2533-8.
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- ¹⁶ Field, T., Diego, Miguel, Cullen, Christy, Hartshorn, Kristin, Gruskin, Alan, Hernandez-Reif, Maria, Sunshine, William. (2004). Carpal tunnel syndrome symptoms are lessened following massage. *Journal of Bodywork and Movement Therapies.* 8:9-14.
<http://www.massagetherapyfoundation.org/pdf/Massage%20and%20carpal%20tunnel%20syndrome.pdf>
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- ¹⁸ Quinn C, Chandler C, Moraska A. Massage Therapy & Frequency of Chronic Tension Headaches. (2002) *American Journal of Public Health.* 92(10):1657-61
- ¹⁹ Reader M, Young R, Connor JP. (2005) Massage therapy improves the management of alcohol withdrawal syndrome. *J Altern Complement Med.* 11(2):311-3. PMID: 15865498.



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²⁰ American College of Physicians. (2008) Massage Therapy May Have Immediate Positive Effect On Pain And Mood For Advanced Cancer Patients. *Science Daily* 16 September. <http://www.sciencedaily.com/releases/2008/09/080915174534.htm>.

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Original MCA Definition

66-2902

PROFESSIONS AND OCCUPATIONS

66-2902. Definitions. Unless the context requires otherwise, in this act:

(1) "Massage therapist" includes persons engaged in the occupation of massage therapy and includes the feminine "masseuse."

(2) "Massage therapy" means the trained ability of body massage therapy by hands for the purpose of body massage therapy, the use of oil rubs, salt glows, hot and cold packs, tub, shower or cabinet baths; and the application to the patron by the operator's hands by variations of touch, stroking, friction, kneading, vibration, percussion, and gymnastics.

(3) "Practice of massage therapy" means to perform massage therapy as above defined, for remuneration or hire, or to advertise, by the use of [the] word massage therapy in any of its derivations or genders, or by any other means, the practice of massage therapy.

(4) "Massage therapy establishment" means a place in which any of the above procedures and methods are administered or used.

(5) "Board" means the board of massage therapists, provided for in section 82A-1602.14.

(6) "Department" means the department of professional and occupational licensing, provided for in Title 82A, chapter 16.

History: En. Sec. 2, Ch. 302, L. 1967; amd. Sec. 1, Ch. 321, L. 1974; amd. Sec. 283, Ch. 350, L. 1974.

Compiler's Notes

This section was amended twice in 1974, once by Ch. 321 and once by Ch. 350. Neither amendatory act mentioned or entirely incorporated the changes made by the other. Since the amendments do not appear to conflict, the compiler has made a composite section embodying the changes made by both amendments.

Amendments

Chapter 321, Laws of 1974, inserted the

66-2903. [Transferred.]

Compiler's Notes

Section 284, Ch. 350, Laws of 1974 renumbered this section as sec. 82A-1602.14.

66-2904. Organization of board—meetings—powers and duties. (1) The board shall annually elect a president, vice-president, and secretary-treasurer from its membership.

(2) The board shall hold one (1) regular meeting each year, at the city of Helena, Montana, and shall hold special meetings at times and places a majority of the board designates; however, not more than four (4) meetings may be held in any one (1) year. A majority of the board constitutes a quorum.

(3) The board may administer oaths, take affidavits, summon witnesses and take testimony as to matters within the scope of the power of the board. It shall adopt a seal, which shall be affixed to licenses issued, and may adopt rules it considers proper and necessary for the performance of its duties and shall adopt a schedule of minimum educational requirements, not inconsistent with this law, which shall be without prejudice, partiality, or dis-

crimination as to the color of the skin. The department shall make rules which shall at all time

History: En. Sec. 4, Ch. 321, L. 1974; amd. Sec. 1, Ch. 243, L. 1974; amd. Sec. 283, Ch. 321, L. 1974; amd. Sec. 283, Ch. 350, L. 1974.

Compiler's Notes

This section was amended once by Ch. 321 and once by Ch. 350. Neither amendatory act mentioned or entirely incorporated the changes made by the other. Since the amendments do not appear to conflict, the compiler has made a composite section embodying the changes made by both amendments.

Amendments

The 1973 amendment deleted "thirty (30) days" following "meeting" in the first paragraph. The 1974 amendment substituted "each appointment" for "meeting" in the first paragraph and thereafter annually electing "elect" in the first paragraph. The 1974 amendment substituted "on the second Friday following" for "regular meeting".

66-2905. Practicing

(1) It is unlawful for any person to engage in the occupation of massage therapy in any of its arts or crafts without a license under this act.

(2) When application for a license is made to the department the board may grant a temporary permit to engage in the occupation of massage therapy which is good until the next meeting of the board.

History: En. Sec. 5, Ch. 321, L. 1974; amd. Sec. 3, Ch. 321, L. 1974; amd. Sec. 283, Ch. 350, L. 1974.

Compiler's Notes

This section was amended twice by Ch. 321 and once by Ch. 350. Neither amendatory act mentioned or entirely incorporated the changes made by the other. Since the amendments do not appear to conflict, the compiler has made a composite section embodying the changes made by both amendments.

66-2906. Application and license. (1) Any person who desires to engage in the occupation of massage therapy shall apply to the department for a license. Each applicant shall hold a certificate from an approved school of massage

More Than One-Third of U.S. Adults Use Complementary and Alternative Medicine, According to New Government Survey

For Immediate Release
Thursday, May 27, 2004

Contact: NCHS Press Office (301) 458-4800
CDC Office of Media Relations (404) 639-3286
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Complementary and Alternative Medicine Use Among Adults: United States, 2002. Advance Data No. 343. 20 pp. (PHS) 2004-1250
[View/download PDF](#) 604 KB

According to a new nationwide government survey, 36 percent of U.S. adults aged 18 years and over use some form of complementary and alternative medicine (CAM). CAM is defined as a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. When prayer specifically for health reasons is included in the definition of CAM, the number of U.S. adults using some form of CAM in the past year rises to 62 percent.

"These new findings confirm the extent to which Americans have turned to CAM approaches with the hope that they would help treat and prevent disease and enhance quality of life," said Stephen E. Straus, M.D., Director, National Center for Complementary and Alternative Medicine (NCCAM). "The data not only assists us in understanding who is using CAM, what is being used, and why, but also in studying relationships between CAM use and other health characteristics, such as chronic health conditions, insurance coverage, and health behaviors."

The survey, administered to over 31,000 representative U.S. adults, was conducted as part of the Centers for Disease Control and Prevention's (CDC) 2002 National Health Interview Survey (NHIS). Developed by NCCAM and the CDC's National Center for Health Statistics (NCHS), the survey included questions on 27 types of CAM therapies commonly used in the United States. These included 10 types of provider-based therapies, such as acupuncture and chiropractic, and 17 other therapies that do not require a provider, such as natural products (herbs or botanical products), special diets, and megavitamin therapy.

Although there have been many surveys of CAM use to date, the various surveys included fewer choices of CAM therapies. In addition, they often surveyed smaller population samples primarily relying on telephone or mail surveys versus in-person interviews used for this survey. Thus, the results from the CAM portion of the NHIS provide the most comprehensive and reliable data to date describing CAM use by the U.S. adult population.

Overall, the survey revealed that CAM use was greater among a variety of population groups, including women; people with higher education; those who had been hospitalized within the past year; and former smokers, compared to current smokers

or those who had never smoked. In addition, this was the first survey to yield substantial information on CAM use by minorities. For example, it found that African American adults were more likely than white or Asian adults to use CAM when megavitamin therapy and prayer were included in the definition of CAM.

"We're continuously expanding the health information we collect in this country, including information on the actions people take in dealing with their own health situations," said NCHS Director Edward J. Sondik, Ph.D. "Over the years we've concentrated on traditional medical treatment, but this new collection of CAM data taps into another dimension entirely. What we see is that a sizable percentage of the public puts their personal health into their own hands."

CAM approaches were most often used to treat back pain or problems, colds, neck pain or problems, joint pain or stiffness, and anxiety or depression. However, only about 12 percent of adults sought care from a licensed CAM practitioner, suggesting that most people who use CAM do so without consulting a practitioner. According to the survey, the 10 most commonly used CAM therapies and the approximate percentage of U.S. adults using each therapy were:

- Prayer for own health, 43 percent
- Prayer by others for the respondent's health, 24 percent
- Natural products (such as herbs, other botanicals, and enzymes), 19 percent
- Deep breathing exercises, 12 percent
- Participation in prayer group for own health, 10 percent
- Meditation, 8 percent
- Chiropractic care, 8 percent
- Yoga, 5 percent
- Massage, 5 percent
- Diet-based therapies (such as Atkins, Pritikin, Ornish, and Zone diets), 4 percent.

In addition to gathering data on the use of CAM practices, the survey also sought information about why people use CAM. Key findings indicate that:

- 55 percent of adults said they were most likely to use CAM because they believed that it would help them when combined with conventional medical treatments;
- 50 percent thought CAM would be interesting to try;
- 26 percent used CAM because a conventional medical professional suggested they try it; and
- 13 percent used CAM because they felt that conventional medicine was too expensive.

Interestingly, the survey also found that about 28 percent of adults used CAM because they believed conventional medical treatments would not help them with their health problem; this is in contrast to previous findings that CAM users are not, in general, dissatisfied with conventional medicine.

The results of the survey reveal new patterns of CAM use among various population groups and provide a rich source of data for future research. Furthermore, the survey results provide a baseline for future surveys, as it establishes a consistent definition of CAM that can be used to track trends and prevalence of CAM use.

EXEMPTION FACTS

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- "Somatic practices" exist. Sometimes called "bodywork" in general, these practices constitute a legitimate profession recognized by the US government CIP (Classification of Instructional Programs) code: 51.35 (**Somatic Bodywork and Related Therapeutic Services**) and 51.3503 (**Somatic Bodywork**). Somatic practices are separate professions. They are not "modalities" or variations of massage therapy.
- The training for these practices is unique. It is neither taught in Massage Therapy schools nor allopathic professional schools (e.g.: Physical Therapy).
- The majority of these practices have their own training accreditation processes, standards of practice, instructor certification processes, practitioner certification and CE processes, as well as their own ethical standards and boards. For example, the National Organization of Competency Assurance (**NOCA**) and the American National Standards Institute (**ANSI**) recognizes the psychometrically valid exam administered by the Certification Board for Structural Integration (**CBSI**).
- In the 40 states and District of Columbia where massage is regulated (by licensure, certification or registration) roughly a dozen states require somatic practitioners to possess an MT license to practice. This constitutes a clear **restraint of trade** burden on somatic practitioners as it requires them to acquire training that they neither need nor use in their practices.
- To address this **Right to Practice**, a **Federation of Therapeutic massage, Bodywork and Somatic Practice Organizations** formed a **Joint Government Relations Committee (JGRC)** in 1998 to encourage the development of working coalitions regarding specific legislative efforts. The draft language reflects the efforts of this kind of working coalition. Members of the Federation, including the **American Massage Therapy Association (AMTA)**, support somatic practice exemption language in licensure efforts for massage therapy.
- Approximately 1500-2000 people practice massage therapy or somatic practices in the state of Montana. We estimate that approximately 200 somatic practitioners might seek exemption under a massage therapy licensure act.
- The public is protected when a Massage Therapy Board has clear guidelines to evaluate the trainings and certifications of any massage therapists or somatic (bodywork) practitioners who come to the attention of the Board.

**More detailed descriptions from some member groups of
*The Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations***

● **The Alexander Technique** is an educational discipline that teaches students to become aware of habitual responses to stimuli. Students learn to prevent ineffective and inefficient responses through careful attention to how they prepare for an action. Practice of the Alexander Technique leads to increased self-awareness and improved psychophysical functioning. The main teaching methods used by certified Alexander Technique teachers are verbal instruction, modeling, and the use of the teacher's hands to convey a working knowledge of improved coordination in everyday activities such as sitting, standing, and walking. Private lessons and classes in the Alexander Technique are conducted while fully clothed. Because massage licensing laws often include a broad scope of practice that may be incorrectly interpreted to include educational methods such as the Alexander Technique, the inclusion of language to exempt movement education from these laws is necessary to avoid inappropriate regulation of Alexander Technique teachers and other movement education professionals.

The **Feldenkrais Method®** uses movement and attention to increase awareness and improve function through learning. Certified practitioners help students become aware of existing patterns and guide them to the discovery of new possibilities. The *Feldenkrais Method* is not massage, bodywork, or medicine; it is a learning process shown to have therapeutic benefits that may complement medical care. *Feldenkrais* lessons facilitate recovery of movement, develop improved skills for athletes, dancers and musicians, and enhance the ability to learn.

● The **International Somatic Movement Education and Therapy Association (ISMETA)** is an association of professionals working with somatic movement founded in 1988 and is a federally tax-exempt organization. Practices of somatic movement education and therapy encompass postural and movement evaluation, communication and guidance through touch and words, experiential anatomy and imagery, and movement re-patterning and integration. These practices are applied to everyday and specialized activities for persons in all stages of health and development. The purpose of somatic movement education and therapy is to enhance human processes of physical, mental, and emotional awareness and functioning through movement learning. Classes and sessions in somatic movement are conducted while fully clothed, and require the student or client to be actively participatory. These practices include **Body-Mind Centering®**, which is often listed as an example in language exempting movement education and therapy practices from the scope of massage licensing laws. Body-Mind Centering is a system of somatic movement education that teaches how the body's anatomical systems support the individual in daily life movements.

The Trager® Approach – is not massage or therapy, and does not treat medical conditions. The Trager Approach is a form of movement education that uses subtle movements and the skilled touch of the practitioner to help clients move in a less restricted, more relaxed manner. The Approach includes the teaching of a system of physical movement that brings increased sensory self-awareness to the client to allow more efficient movement. The client need not disrobe and the Approach is taught either individually or in classes. Because massage licensing laws often include a broad scope of practice that may be incorrectly interpreted to include the work done by Trager practitioners, the inclusion of language to exempt the Approach from these laws is necessary to avoid inappropriate regulation of Trager practitioners.

● **Structural Integration** is a somatic practice utilizing fascial manipulation, awareness, and education. It is practiced in an organized series of sessions and individual sessions within a framework designed to restore postural balance and functional ease by aligning and integrating the body in gravity. Structural Integration is based on the work of Dr. Ida P. Rolf. It is practiced by persons educated at trainings, schools and institutions in accordance with the standards established by the International Association of Structural Integrators.

HB 662 — Exemptions — Section 4 (5) (a) and (b) inclusive

INFORMATION ABOUT SOMATIC PRACTICES

THE TYPES OF TOUCH mentioned as exempted in LC0859 are a few of the many complementary therapies and practices available to the public at this time. Most have a national organization that governs training requirements, continuing education, ethical codes of conduct, and protection of the public.

Because massage licensing laws often contain a broad "scope of practice" that may be incorrectly interpreted to include other professions, clear exemption language is necessary to avoid inappropriate regulation. The following is a short explanation and philosophy of some of these complementary practices.

Examples of MOVEMENT EDUCATION PRACTICES — Section 4 (5) (a) (i)

Body-Mind Centering — utilizes movement re-education and hands-on re-patterning of both the physical and mental dimensions of the client, leading to a better understanding of how the mind is expressed through the body and the body through the mind. **Body-Mind Centering** is a system of somatic education that teaches how the body's anatomical systems support the individual in daily life movements.

The **Feldenkrais Method®** — uses movement and attention to increase awareness and improve function through learning. Certified practitioners help students become aware of existing patterns and guide them to the discovery of new possibilities. The **Feldenkrais Method** is not massage, bodywork, or medicine. It is a learning process shown to have therapeutic benefits that may complement medical care. **Feldenkrais** lessons, taught individually and in group classes, facilitate recovery of movement, develop improved skills for athletes, dancers and musicians, and enhance the ability to learn.

The **Trager® Approach** — is not massage or therapy, and does not treat medical conditions. It is a form of movement education that uses subtle movements and the skilled touch of the practitioner to help clients move in a less restricted, more relaxed manner. Experienced either individually or in group classes, the **Trager Approach** includes the teaching of a system of physical movement that brings increased sensory self-awareness to the client to allow more efficient movement.

Examples of ENERGY PRACTICES — Section 4 (5) (a) (ii)

Asian Bodywork Therapy, Jin Shin Do®, Tuina, Qigong, shiatsu, acupressure and other Asian therapies — these practices release energy blockage within the energy flow channels of the body, each using their own variation of touch. They strive to relieve pain and discomfort through pressure on specific points in the energy flow patterns of the body, responding to tensions and toxicities before they result in disease.

Polarity Therapy — in this practice, illness is based on blockages in the energy flow. The Polarity therapist uses stretches and other exercises to release and balance energy flow through the body.

Reiki — focuses on the energy field of the body wherein lack of flow can result in illness. The practitioner uses the hands to allow energy to flow into the body at specific locations, relieving energy field congestion or depletion and therefore fostering greater health.

Examples of STRUCTURAL INTEGRATION PRACTICES — Section 4 (5) (a) (iii)

Structural Integration — utilizes fascial manipulation, awareness, and education, within a framework designed to restore postural balance and functional ease by aligning and integrating the body in gravity. It is practiced in either a series or singular sessions, by persons educated in **Structural Integration** at trainings, schools and institutions in accordance with the standards established by the **International Association of Structural Integrators**. Practices include but are not limited to **Rolfing® Structural Integration**, the **Rolf Method of Structural Integration**, and **Hellerwork®**.

REFLEX STIMULATION PRACTICES — Section 4 (5) (a) (iv)

Reflexology — there are reflex areas on the hands, feet, and ears that correspond to every part of the body. Practitioners apply varying pressures to these known and mapped out reflex points with their hands, thumbs and fingers. Through the stimulation of specific reflex points, the imbalances in the corresponding body parts are relieved and a higher state of wellness is achieved.

Nicole Methot, LMT NCTMB
NY State Licensed Massage Therapist
Nationally Certified in Therapeutic Massage and Bodywork
700 South Avenue, Suite A
Missoula, MT 59802

My name is Nicole Methot. I am a NY state licensed and nationally certified massage therapist in Missoula, MT. In addition, I am the ABMP (Associated Massage and Bodywork Professionals) representative for the MTGRC; Massage Therapy Government Relations Committee.

I moved to Missoula from New York City two years ago. I went to massage school in New York where the minimum requirement to be a licensed and recognized therapist is 1000 hours of study. When I decided to move to Montana, I immediately took the national massage exam in order to be nationally certified. I assumed this was a necessary requirement to work in the state. When I arrived in Missoula and discovered national certification was actually not mandatory, I was shocked. The fact that states still existed with no requirements was astounding. "How do people know which therapists to trust?", "There must be no consistency among therapists"-I thought to myself.

After joining the MTGRC, I learned that the state of Montana actually used to require 1000 hours of education for massage therapy. Yet, another shock that the requirement went from 1000 to 0 hours.

After being in business in Montana for only two years, it turns out that most of my clients are as shocked as I was to discover that the state lacks any requirements or regulations for massage therapy. They assume that a profession as wide spread and as widely utilized has some basic and recognized requirements. Considering the profession did have this in the past, they do not know to check each therapist's credentials, nor should they have to.

Therefore, I am in SUPPORT of HB 662. The public and massage therapists of Montana deserve this bill to pass. It will re-create a consistency in the profession that the public can trust and confidence among therapists knowing they are on par with the national average.

Thank you for your time.

Sincerely,
Nicole Methot LMT, NCTMB

Mr. Chairman Wilson, and members of the committee - Thank you for giving this bill the serious consideration it deserves.

My name is David Nix. I've been in massage therapy practice for 5 years. I attended Health Works Institute's 780 hour program in Bozeman, Montana, and passed the NCBTMB's national certification exam. I currently work in a PT office and an athletic club, providing massage therapy services.

As a member of the massage therapy community of Montana, I want massage to be recognized as an instrument in the little black bag carried by Montana's health care community:

- * Acknowledging that a hammer can't do much in a situation that calls for glue,
- * Knowing that *even* the highly educated, supremely trained *surgeon* is not always the right person to treat a given member of the public's condition, and
- * Realizing that one instrument is good for only a few tasks, and that only by assembling many instruments does one acquire a complete tool kit.

I speak for myself, and other well-trained massage therapists working in health care teams around the state when I say that we are good at massage. It's what we do. It's what we were taught to do. In our core education, we have more depth and breadth of knowledge regarding massage techniques and their application than most other occupations in the state.

Lest you should think I'm getting too big for my britches,

- * In massage school, we are taught *when* our services can be of use to a client, and *when* it is best to refer them to another member of Montana's health care team.
- * We are trained to know when massage could actually cause harm to a client, and by promising to uphold our profession's ethical standards, we have committed ourselves to "do no harm." As our instructors told us over and over again, "If in doubt, leave it out."
- * Most importantly, we were taught to recognize our limits, to keep learning, to "know what we do not know", and to always stay within the boundaries of our education.

*** So we know our limits... But when a health care client's situation calls for massage, we should be able to *be* that instrument for them! To perform the task for which we trained! Historically, we *have* been able to work on the people who need our skills, provided they produce a prescription, indicating diagnosis and prescribed treatment, from their primary health care provider.

Unfortunately, in the current environment, there are major insurance companies such as State Farm, Allegiance and Blue Cross/Blue Shield, who will not reimburse Montana's massage therapists for their work, prescription or no prescription, because Montana has no licensure, and therefore no licensed massage therapists.

The insurance companies feel, and rightly so, that if they cannot guarantee their members competent massage service, they are not paying for it!

Now... opponents of this bill may argue that we are not suitable members of health care teams, saying, "But not everyone has *been* to massage school, David. Not everyone has your level of education! There may be massage therapists out there who are practicing beyond their level of education and training. Heck there might be massage therapists practicing without *any* education or training! There may be massage therapists out there who do not have your dedication to an ethical code. If we license these massage therapists, and let them on the health care team, won't we be putting the public at risk?"

My answer is a resounding "No!" - With this Massage Therapy Licensure Bill, we are taking definitive action to achieve consistency within our profession - to bring *all* massage therapists in the state up to a higher standard, and to define once and for all our professional scope. We want to provide consumers with the same things they have come to expect from a well-run restaurant chain... Namely a *quality* product - massage therapy, and a consistently high level of professionalism and ethical behavior from all massage therapists, no matter where they may be practicing in the state of Montana.

* The real danger lies in allowing the status quo of inconsistency, with its varying degrees of education, training and commitment to ethical practice... to persist.

Mr. Chairman, members of the committee, for the record my name is Robert Kerrick Murray. I live in Helena, I'm a 4th generation Montanan and I'm here today to speak in support of HB 662. Montana needs to re-license this profession.

Montanans seek massage therapy services for their health and general well-being. To ensure that clients receive safe and professional care, it is critical for the protection of the public that this group of health care providers be clearly defined and licensed. Well over a thousand massage therapists are already working across the state, which validates the CDC 2004 public release in your handout packet, titled More Than One-Third of US adults use Complimentary Alternative Medicine (CAM). Massage therapy is specifically mentioned on page 2 as one of these CAM approaches to health and wellness.

I have worked full time in the field of somatic practice in this state for over 24 years. Somatic practices are separate, legitimate CAM professions recognized by the US government Classification of Instructional Programs (CIP) code. Additional information regarding somatic practices is in your handout packet.

The Montana Chapter of the AMTA invited me to participate with a diverse group responsible for drafting the massage therapy bill language to ensure that other complimentary therapies and somatic practices have adequate exemption language in the Montana licensure effort for massage therapy. This is in accordance with the National AMTA policies, and the current draft language reflects the efforts of this kind of working coalition.

Please vote for the re-licensure of this profession by passing HB 662.

Robert Kerrick Murray ACR, CSI, NCTMB

*Hummingbird Integrated
Healthcare Services
1400 Echo Lake Road
Bigfork, MT 59911*

1/12/2009

My name is Maria Arrington and I have a private practice in complementary therapies with offices in the Flathead Valley. I am not a massage practitioner, but I have been part of the Massage Therapy Government Relations Committee that helped to craft HB 662, the bill which would license massage practitioners. My role in this committee has been to ensure that the licensure for massage does not make it impossible for other practitioners of complementary therapies to practice in the state of Montana. In this role, I would like to testify in support of HB 662.

The profession of massage therapy is often called upon to help ensure the wellness of the public and its practitioners are spread throughout the state. It is imperative for the protection of the public that such a group of health care providers be clearly defined and licensed so that Montanans can make informed choices about the credentials and safety of their practitioners.

In a similar vein, massage therapists need a venue in which their experience and skill can be valued so that third party payers feel comfortable reimbursing this work, and so colleagues in related professions can confidently refer clients for massage, knowing their clients will receive safe and professional care. When a profession is not defined and licensed, other professions can claim part of their scope of practice, making the arena of healthcare confusing to clients and eventually making true massage less available to the public.

The crafting of this bill has been a thoughtful and time consuming process - - it has been in the making for the last three years. The committee has requested feedback from as many sources as possible so that it can reflect the true needs of the Montana public. For all these reasons, HB 662 needs to be passed.

Maria Arrington RN BSN CTP NCTMB

Mr/Madam Chairperson and members of the committee:
My name is Sue Benjamin and I am here to support passage of the Massage Therapy Licensing Act. I was invited by Rachel Romanelli to be a part of the Massage Therapy Government Relations Committee in the fall of 2006 as a voice for reflexologists in Montana. I represent the American Reflexology Certification Board and the Reflexology Association of America. Both organizations are in full support of Montana's quest to introduce and pass this licensing act as it is written at this time.

In addition to being a certified reflexologist, I have also completed 580 hours of massage therapy studies at Big Sky Somatic Institute in Helena, and am nationally certified in massage therapy through the successful completion of the National Certification Board examination.

I have enjoyed working with all of the members of the MTGRC and have learned a lot from this process. The committee members have been very dedicated to the effort of constructing a massage therapy licensing act that is fair and reasonable to current and future massage therapists in Montana. It is also fair and reasonable to those, including myself, who are engaged in other somatic practices that clearly differ from massage therapy. As an example, reflexology deals only with the hands, feet, and outer ears, and uses very specific techniques in order to

stimulate reflex areas there. Under this act, I would not be inhibited from continuing my reflexology practice.

I believe that passage of this licensing act will bring a new level of professionalism, credibility, and accountability to the massage therapy profession while preserving the opportunities of other alternative practices.

Thank you for allowing me time today to voice my support for the Massage Therapy Licensing Act.



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Course Catalog

Anatomy and Physiology (MA)
Pathology (MP)
Medical Terminology (ME)
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Massage Clinic (MC)

This course is a thorough study of all the body systems with special emphasis on the skeletal, muscular, and nervous systems. A working knowledge of the body's structure and function is an essential element in developing the massage therapist as a musculoskeletal practitioner. An understanding of normal musculoskeletal anatomy also provides a basis for pathology studies. This class runs through the length of the entire program.

Diploma Program:

- MA-01 Organization and General Plan of the Body
- MA-02 Basic Chemistry
- MA-03 Cells
- MA-04 Tissues and Membranes
- MA-05 Integumentary
- MA-06 Skeletal
- MA-07 Muscle
- MA-08 Nervous
- MA-09 The Senses
- MA-10 Endocrine
- MA-11 Blood
- MA-12 Heart
- MA-13 Vascular
- MA-14 Lymphatic
- MA-15 Respiratory
- MA-16 Digestive
- MA-17 Temperature and Metabolism
- MA-18 Urinary
- MA-19 Fluid-Electrolyte and Acid-Base Balance
- MA-20 Reproductive
- MA-21 Human Development and Genetics
- MA-22 Introduction to Microbiology and Human Genetics

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Studies of the disease process in relative pathologies are the emphasis. Students learn how to identify the condition, common symptoms, and whether or not massage treatment is indicated or contraindicated (systemically or locally). The therapist also learns when it is appropriate to refer the patient to another healthcare professional. Knowledge of relative pathology protects the public as well as developing an effective therapist. At the end of each Anatomy and Physiology chapter, the pathology of that system is taught. Opportunity to tie assessment and treatment of the pathologies into the lectures are taken advantage of. This course runs through the length of the entire program.

Diploma Program:

- MP-01 Fundamental Concepts
- MP-02 Integumentary
- MP-03 Musculoskeletal
- MP-04 Nervous
- MP-05 Circulatory
- MP-06 Lymph & Immune
- MP-07 Respiratory
- MP-08 Digestive
- MP-09 Endocrine
- MP-10 Urinary
- MP-11 Reproductive
- MP-12 Miscellaneous
- MP-13 Client Endangerments
- MP-14 Miscellaneous

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This concise course in medical terminology gives basic principles for understanding the language and an overview of terms from many areas of medicine. This course is taught with an assumption that the student has not had a previous knowledge base in the fields of science or biology. Practical, commonly used terms, which are found in day-to-day work of allied health personnel, is studied.

Diploma Program:

- ME-01 Basic Word Structure
- ME-02 Organization of the Body
- ME-03 Suffixes
- ME-04 Prefixes
- ME-05 Medical Specialists & Case Reports
- ME-06 Appendix I – Body Systems
- ME-07 Appendix II – Diagnostic Tests / Procedures
- ME-08 Appendix III – Abbreviation & Symbols

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Advanced study and memorization of the musculoskeletal system is an essential element in becoming a skilled medical massage therapist. This class provides excellent kinesthetic, visual, and auditory learning. Each student builds muscles of clay on their personal skeleton using the "Maniken" system. Studies and memorization include, but are not limited to, biomechanics, osteology, arthrology, myology, nerve supply, vascular supply, trigger points, and more. Our skilled instructor imparts his knowledge and experience using interactive anatomy programs, video atlas of human dissection, life-sized skeletons, disarticulated bones, power point presentations, and hands-on palpatory exercises, fusing head and hands-on knowledge into an effective and useful format. This comprehensive course is given very significant emphasis through testing and palpatory literacy. The class runs through the length of the entire program.

Diploma Program:

- MK-01 Fundamentals of Structure & Motion
- MK-02 Skeletal Osteology
- MK-03 Skeletal Arthrology
- MK-04 Myology
- MK-05 General Muscle Groups
- MK-06 Deep to Superficial Overview
- MK-07 Muscles - Scapula / Arm
- MK-08 Muscles - Forearm
- MK-09 Intrinsic Muscles - Hand
- MK-10 Muscles - Trunk
- MK-11 Muscles - Pelvic
- MK-12 Muscles - Thigh
- MK-13 Muscles - Leg
- MK-14 Intrinsic Muscles - Foot
- MK-15 Muscles - Head
- MK-16 Muscles - Neck

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Massage theory makes up the largest part of the massage therapy program. There are 20 distinct sections covered here. This gives the massage therapist a comprehensive education from the subject matter ranging from Swedish massage, Seated massage, Orthopedic Assessment, Hydrotherapy & Spa techniques, massage variations & styles to complete list of deep-tissue techniques. Our Neuromuscular Certification Program definitely needs to be mentioned here as it encompasses 75 hours of training. NMT is a thorough program of very specific massage protocols for recovery from acute and chronic pain syndromes. Montana Institute's instructors are trained and certified by Judith Walker Delaney and the NMT Center of St. Petersburg, Florida.

Diploma Program:

- MT-01 Draping
- MT-02 Body Mechanics & Injury Prevention
- MT-03 Massage Room & Equipment
- MT-04 History of Massage
- MT-05 Swedish Massage
- MT-06 Orthopedic Assessment in Massage
- MT-07 Seated Massage
- MT-08 Sports Massage
- MT-09 Rehabilitative Stretching
- MT-10 Transverse Friction Massage
- MT-11 Myofascial Release
- MT-12 Deep Tissue Techniques for Specific Pathologies
- MT-13 Trigger Point Therapy
- MT-14 Neuromuscular Therapy
- MT-15 Hydrotherapy & Spa Techniques
- MT-16 Massage & Medication
- MT-17 Massage for Special Populations
- MT-18 Comparative Bodywork Studies
- MT-19 Asian/Chinese Principles
- MT-20 Reflexology

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From study skills to patient intake, psychology of bodywork, insurance, marketing, and much more, this portion of the program prepares the massage therapist with essential career tools for business success.

Diploma Program:

- MB-01 Study Skills
- MB-02 Sanitation & Universal Precautions
- MB-03 Soap Charting & Professional Communications
- MB-04 Record/Book Keeping
- MB-05 Professional Ethics
- MB-06 Psychology of Bodywork
- MB-07 Insurance Billing
- MB-08 Business Planning
- MB-09 Marketing
- MB-10 Nutrition
- MB-11 AIDS/HIV Awareness
- MB-12 First-Aid/CPR
- MB-13 Physical Education & Self Care
- MB-14 Medical Disciplines
- MB-15 National Exam Preparation

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The clinic practicum provides the student a great platform for real massage-patient experiences. Students intake, treat, and chart patients with the oversight of the clinic director as well as review of pertinent information with instructors in class. At this time, at the Billings campus, students perform 50 hours of massage at the Billings Clinic during the school year.

Diploma Program:

- MC-01 Clinic Preparation & Debriefing
- MC-02 Clinic Performance (Billings Campus only)
- MC-03 Clinic Sporting Event Practicum

See also Student Massage Clinics and Event Practicums and Massage Clinic Schedule

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COURSE REQUIREMENTS

PROGRAM: 650 Hours |  [Download](#)

PLEASE NOTE:

- All Courses are required for program completion.
- A "pass" or "fail" grade is assigned based on attendance and task completion unless otherwise noted.
- Specific courses or initial course blocks also serve as prerequisites where noted.
- Practical exercises can be applied to massage practice where noted.

ORIENTATION - 4 hrs

Orientation is mandatory for all students before beginning classes, and is conducted on the first day of class. Prerequisite: acceptance and completed enrollment. Students review the handbook and payment program.

ETHICS - 6 hrs



Block #1 - 2 hrs

Overview: ethical guidelines and standards of the massage therapy profession. Students participate in a series of role-play exercises practicing the handling of different ethical scenarios.

Block #2 - 2 hrs

Mock Clinic: students will be able to identify and apply acceptable sanitation and hygiene practices. Students will review massage clinic rules and client protocol.

Block #3 - 2 hrs

Review: client scenarios, non-verbal communication cues, as well as other patient/provider interactions during a massage.

PHARMACOLOGY - 2 hours



This class provides information and resources on common medications used by people today. Students will be able to identify indications and contraindications to massage therapy of those that are taking prescribed medication. This class is the prerequisite to Student Clinic and Internship time.

REPORTS & RECORDS - 15 hrs



- Practical exercises can be applied to massage practice.

Block #1 - 4 hrs

Policies & Schedule Setting: Students will design their schedule of life/ massage therapy, write late, no show and bad payment policies.

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● Continuing Education

● Faculty & Staff

● Grades & Attendance

● Instructors

● Policies

● Student Life

● Tuition

Block # 2 - 4 hrs

Insurance Billing: Students will practice steps of insurance billing, HICFA forms, contacts and liens.

Block # 3 - 4 hrs

Narrative Reports: Students will practice narrative report writing in several scenarios as it relates to insurance billing.

Block #4 - 3 hrs

Contracts and Taxes: descriptions of several types of working contracts are reviewed. Tax planning suggestions are given. Students will be able to draft a brief tax plan and apply it to their massage practice. Guest professionals, CPA and Attorney may be present at class for questions and discussion.

PRACTICE BUILDING - 15 hrs**Block #1 - 4 hours**

Career Management & Self-Assessment: student will complete self-assessments on leadership and communication skills. Student will be able to apply these results to the business plan, incorporating identified areas of strength and addressing improvement opportunities.

Block #2 - 4 hours

Marketing In-Depth: students will distinguish between different marketing and advertising approaches, identify target audiences, draft promotional materials, and put together an outline of a business plan.

Block #3 - 4 hours

Creating A Business Plan: Each student will create a business plan for a massage practice. Skill building includes goal setting, the completion of marketing plans, policies and procedures, pricing protocols, and customer service guidelines. Students will meet with local entrepreneurs on subjects of marketing and building and maintaining a customer base.

Block #4 - 3 hours

Completing The Business Plan: Students meet with instructors to review business plans.

STATE LAW - 2 hrs

Covering Montana State law as well as the differences in other state laws. This class also shows videos for various massage insurance companies.

ANATOMY & PHYSIOLOGY - 100 hrs**Part 1: Systems and Function - 50 hrs**

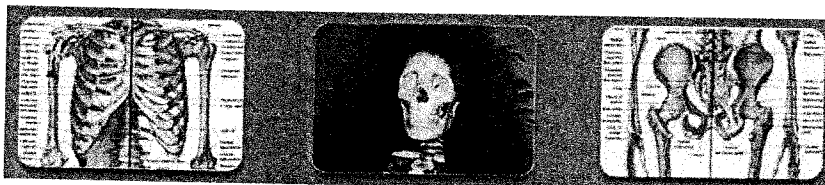
This class provides the basic study and function of the following body systems: Cell Structure, Organelles, Tissues, Integumentary, Musculature, Cardio Vascular: Blood, Pulmonary, Vessels, Lymphatic, Sensory and Motor, Anonomic Nervous System, Brain and Cranial Nerves, Spinal Chord Function, Endocrine, Digestive, Exercise Physiology, Respiratory Function, Reproductive and Urinary. Students will be able to identify each subject above and demonstrate knowledge of the structure and function of each. Written examinations are given in this class. Students must pass with an 80%. Anatomy and Physiology Part 1 is a prerequisite to part 2 Pathology.

**Part 2: Study of Pathology - 50 hrs**

This class provides study of precautions and protocols to disease and common illness that the massage therapist may come in contact with. Students will be able to identify indications, contraindications and proper protocol for pathological conditions as related to massage therapy. Written examinations are given in this class. Students must pass with an 80%.

KINESIOLOGY - 140 hrs**Part 1 - 70 hrs**

This class covers the location of all bony landmarks and anatomical terms. Students will be able to identify musculature, joint structure and ligaments of the upper body in this section. Written and practical examinations are given in this class. Students must pass with an 80%. Kinesiology I is a prerequisite to Kinesiology II.



Part 2 - 70 hrs

Students will be able to identify musculature, joint structure and ligaments of the lower body. Written and practical examinations are given in this class. Students must pass with an 80%.

SWEDISH MASSAGE - 100 hrs

The study of all basic massage strokes, hydrotherapy, pregnancy and infant massage. Mechanical, reflexive and physiological effects of massage are studied. Practitioner body mechanics, record keeping, draping methods are also part of this class. Students will be able to identify and apply all basic massage strokes. All subjects in Swedish Massage Class must be completed before taking the final written and practical examination required to pass the class. Students must pass with an 80%. Swedish Massage is a prerequisite for Student Clinic and Internship.

SPORTS MASSAGE - 32 hrs

The practical application of sports massage techniques for pre, post, event and injury prevention treatments. Students will be able to identify injuries and apply proper treatments to the athlete. Written examination is given in this class. Student must pass with an 80%. Sports Massage is a course completion requirement.

THAI MASSAGE - 20 hrs

Thai massage has its origins in ancient Tibet, India and China. Originally practiced by Buddhist monks who traveled from India to Thailand 2500 years ago, it is now an integral part of traditional Thai medicine.

The practice of Thai Massage is a give and take or a dance between giver and receiver. While the work is focused on the client, the receiver also benefits by extending and stretching in a series of positions. The Sen, or energy lines, of the body are carefully worked to relax and rejuvenate the client. Students will learn the history, theory and practical application of Thai Massage. They will both receive and perform full body Thai Massage sessions while learning how to integrate this work into their practice of Swedish, Deep Tissue and Sports Massage.

Thai massage is a unique practice where the therapist moves and stretches the client in a very slow and meditative, yet very purposeful manner.

DEEP TISSUE - 100 hrs

This class teaches the delivery of a deeper massage addressing each muscle group specifically. Body mechanics are taught in this class to prevent injury to the therapist while giving an effective treatment massage. Injury treatment protocol is taught for a wide range of common injuries. Range of Motion and Muscular Energy Technique are also taught in this section to help facilitate further treatment.



Students will be able to apply these techniques. Written and practical examinations are given in this class. Student must pass with an 80%.

REIKI - 12 hrs

Reiki is a gentle, non-invasive, non-religious healing method based on ancient practices of the laying-on of hands, which was systematized in Japan. In the Eastern view, the body is regarded as a dynamic energy system, and like many other healing modalities, Reiki aims to restore the unimpeded flow of energy which is blocked or disturbed in some way. Thus the natural healing processes of the body are activated and a state of deep relaxation is achieved in which healing on both physical and emotional levels can take place.



A blend of Shiatsu and Chinese medicine. Students study the principles of yin and yang, five-element theory and pulse reading. Students will be able to apply practical application of a full body Shiatsu treatment. Written and practical examination is given in this class. Student must pass with an 80%.

CPR & FIRST-AID - 8 hrs

The Red Cross teaches this class and CPR and First Aid cards are given to those who pass the written

examination. This class is a prerequisite to Student Clinic and Internships.

AIDS AWARENESS - 4 hrs

The AIDS council of Missoula teaches this class and serves as a prerequisite to Student Clinic and Internships.

STUDENT CLINIC - 60 hrs

Shifts of 4-5 hours each are offered Mon-Sat. Designed to give students a true-to-life experience of working on clients with varying conditions. An evaluation is given for each massage. Completion of Swedish Massage, Ethics, AIDS Awareness, CPR and First Aid are prerequisites for participation in Supervised Clinic Hours.

EVENTS - 20 hrs

This section is designed for experience in student community outreach. Various events are set up with business and sports events to expose the students to working with different types of people and situations. Pre requisites for event participation are the same as student clinic.

SELF CARE & BODY MECHANICS - 5 hrs

Instruction on how to take care of your body through stretching, exercise and body mechanics.

PROGRAM REVIEW - 3 hrs

The final program course is designed to review all subjects and group test information.



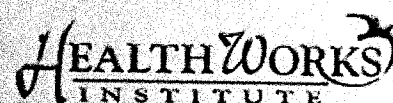
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Course Descriptions

Massage Therapy School Prerequisites are listed for the courses that require previously acquired knowledge and/or skills. Prerequisites are listed only in clock hours.

SWEDISH MASSAGE THERAPY TRAINING

This is the first massage course presented in the program. Students learn the history and benefits of massage, contraindications, procedures for draping and positioning the client on the massage table, the use of oils and lotions, and how to perform traditional Swedish massage strokes that can be combined in various ways to artfully perform a deeply relaxing or invigorating massage. Students focus on the quality of their touch, beginning skills for assessing the condition of soft tissues of the body, and combining the various strokes to perform a smooth, well-paced, thorough massage that is suited to the needs of the client.

HYDROTHERAPY TRAINING

Hydrotherapy has been used effectively by massage therapists throughout the history of the profession. The use of hot and cold therapies is presented. Students learn the physiological effects of and indications and contraindications for hot packs, ice packs, ice massage and specialty baths. Also covered are special considerations for the massage therapist's body mechanics while performing the treatments.

CHAIR (OR "ON-SITE") MASSAGE TRAINING

Prerequisites: Swedish Massage, 30 hours of Anatomy, and 30 hours of Physiology/Pathology. This course presents contraindications, safety precautions, and hands-on techniques for performing massage on a client who is seated, either on a common chair, or on a specially designed, portable, massage chair. Chair massage can be effectively used to educate the general public about massage therapy services, because it can be performed almost anywhere, including airports, business offices, community festivals, etc. Included in the course are ideas for using chair massage as a massage therapy practice-building strategy.

CLIENT ASSESSMENT AND TECHNIQUE INTEGRATION

Prerequisites: Swedish Massage, 20 hours of anatomy, 20 hours of Physiology/Pathology. This course is presented after students have completed Swedish Massage and a portion of the study of Anatomy and Physiology/Pathology. The intention is to assist students in combining the knowledge and skills they have gained thus far, emphasizing critical thinking skills necessary to assess each client, understanding the probable condition of specific soft tissues, and selecting and skillfully applying the techniques that are likely to be most effective for the particular client.

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ENERGETICS

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Prerequisite: Swedish Massage Therapy. This course provides students with an introduction to the topic of energetic involvement in massage therapy. Students learn about, experience and practice a variety of basic energetic techniques while exploring the potential benefits for and impacts on themselves and their clients.

MYOFASCIAL RELEASE

Prerequisites: Swedish Massage, 40 hours of Anatomy, and 30 hours of Physiology/Pathology. Myofascial release is the first of the advanced technique courses. Students learn about the fascial system and gain an understanding of the impact of fascial strain on the body. In addition to using postural analysis, this class focuses on the application of sustained pressure and movement into the fascial system in order to reduce fascial restrictions.

THEORY OF ASIAN MEDICINE AND ASIAN BODYWORK TECHNIQUES

Prerequisites: 50 hours of Anatomy, 50 hours of Physiology/Pathology. This course presents the theoretical foundation of Asian medicine in simple terms, giving the student an understanding of concepts such as balance and harmony, energy flow and stagnation, and the effects of the seasons and times of the day on various systems. Students learn Asian-based techniques that can be incorporated into various types of massage therapy sessions.

NEUROMUSCULAR THERAPY AND TRIGGER POINT MASSAGE

Prerequisites: Swedish Massage, 40 hours of Anatomy, and 30 hours of Physiology/Pathology. In this course, students learn the theory of re-education of the neuromuscular system in the client. Instructional time is spent on characteristics and perpetuating factors of trigger points, guidelines for treatment, palpation and compression treatment, and the design of practical treatment plans for clients.

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strong>SPORTS MASSAGE

Prerequisites: Swedish Massage, 30 hours of Anatomy, 30 hours of Physiology/Pathology, and Neuromuscular Therapy and Trigger Point Massage. This course presents techniques for pre- and post-event massage therapy for competitive athletes, as well as methods for helping all active clients maximize their fitness activities by avoiding injuries and receiving prompt assessment and treatment for soreness, fatigue, and injury of muscle tissue. Students learn about the effects on soft tissues of the body of various kinds of exercise, stages of healing following injury, and results of over-use or under-use of muscles and other soft tissues. Techniques presented in this class are applicable to a wide variety of client needs.

INTEGRATION

Prerequisites: Swedish Massage, 30 hours of Body Awareness, 20 hours of Psychology, 99 hours of PACK, 66 hours of Physiology/Pathology, and Energetics. This course supports the student in integrating all of the knowledge and skills learned in the program. The course teaches students how to accurately define and describe the layers of connections among the body, mind, energy and spirit. The core principles of Mindfulness, Presence, Holism, Intuition, Intention and Embodiment are actively explored as essential components of the student's experience. This exploration accelerates the

student's progress on his/her path toward mastering the art and science of skillful touch.

Important Note Regarding Body Mechanics:

Instruction on body mechanics is included in every hands-on course. Students learn how to use their bodies properly when performing each massage therapy technique at a massage table. Emphasis is placed on sound principles for body mechanics, both to prevent injury to the massage therapist and to increase the comfort and effectiveness of the techniques as experienced by the client. Students learn to correct their own posture and body mechanics, developing good habits to support their longevity in the profession.

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PACK (Palpation Lab, Anatomy Lecture, Clinical Anatomy, and Kinesiology)

In this course, students study the structure and movement of the human body in both lecture and laboratory settings. This multifaceted course uses audiovisual resources and a variety of learning activities to support students in developing an understanding of the human body, with emphasis on the musculoskeletal system. There is a focus on kinesiology, including the physics of movement and clinical and scientific application of principles related to joints and bones and how body parts move in relation to each other. Students learn to recognize movement patterns that may lead to pain and discomfort in their own and their clients' bodies. Emphasis is placed on palpation skills and the ability to locate and access specific muscles, bony landmarks and ligaments. Restrictives are introduced as a technique for precise muscle identification and for facilitating the release of muscle tension.

PHYSIOLOGY/PATHOLOGY

This course presents information on the functions of the human body. Major systems and their components are presented, including the circulatory, respiratory, endocrine, digestive, lymphatic, integumentary and reproductive systems. Levels of organization of the human body such as chemical, cellular and tissue levels and homeostasis are studied in the context of normal, healthy functioning as well as numerous conditions and illnesses. Definitions, causes, symptoms, and treatment of various forms of dysfunction and disease processes are presented. Emphasis is on conditions that massage therapists need to recognize as contraindications to massage therapy and/or conditions that should be referred to another practitioner for diagnosis or treatment. The conditions presented are ones that massage therapists are most likely to encounter in their practices.

NUTRITION

Prerequisite: 30 hours of Physiology/Pathology. This course presents a brief overview of the effects of good and bad nutrition on the soft tissues and other components of the body, and information on vitamins, minerals, deficiencies, diets, fats, proteins, carbohydrates, filtered water, organic foods, and the effects of alcohol, caffeine, and nicotine. Students will learn about making healthy choices for themselves as well as giving basic nutritional

information to clients.

BODY AWARENESS 1 AND 2

This two-semester course provides students with tools for increasing their level of awareness regarding their body, breath, and energy. Through movement and breathing exercises, students gain tools to use on physical, emotional, energetic and spiritual levels, enabling students to: notice and release unnecessary tension; recognize holding patterns; and work with personal limitations and potential. Students gain self-knowledge of their independent movement patterns and posturing habits. Students discover their emotional and physical strengths and weaknesses that occur while moving their bodies, and develop a vocabulary for accurate description of these experiences. This course has been designed to encourage students to embrace methods for experiencing improvement in their physical, emotional, energetic and spiritual health and wellbeing.

PSYCHOLOGY 1 AND 2

This two-semester course combines philosophical exploration and personal growth experiences with the study of communications and the client-therapist relationship. Students consciously focus on self awareness, self esteem, and personal beliefs, as they are affected by giving and receiving touch in the intensive environment of massage therapy school. With an enhanced connection to and understanding of the self, students then focus on the abilities and understanding needed for becoming compassionate, interpersonally skillful, professional massage therapists.

SURVEY OF ALTERNATIVE AND COMPLEMENTARY HEALTH MODALITIES

This course provides students with an overview of the evolution of alternative health care in the United States, emphasizing the role of the National Institutes of Health's National Center for Complementary and Alternative Medicine. Students learn about various forms of alternative health care that they may want to use and to which they may refer clients. Presented are definitions, descriptions, and demonstrations of a number of alternative/complementary/integrative approaches to health and healing.

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BUSINESS

Prerequisites: Swedish Massage. This course presents information that students need in order to achieve long-term career success in the field of massage therapy. Topics include promotion and marketing, record keeping, financial planning, tax reporting, legal requirements, licensure and certification, professional associations, and employment contracts. As students learn the various strategies for building a successful practice and obtaining employment, they complete an individualized, specific, realistic plan detailing the steps they will take to achieve their personal and professional goals related to their massage therapy practices.

ETHICS

Prerequisites: Swedish Massage and 20 hours of Psychology. The profession of massage therapy is becoming more widely respected and accepted by the general public and by members of other health care professions. A critical factor in maintaining this respect and acceptance is the level of consistency with which massage therapists can be expected to demonstrate professional, ethical behavior and ethical business practices. In this course, students explore and discuss issues such as: boundaries, sexual arousal, establishing and maintaining good working relationships with other health care professionals, and making good decisions when faced with the difficult ethical dilemmas commonly encountered in massage therapy practices.

CLASS INTEGRATION SEMINAR

Prerequisite: A minimum of 200 classroom hours in any combination of courses. Class Integration Seminar consists of one class session conducted by the school Director, Education Director and the Psychology Instructor. The focus is on the student's overall experience of the program. Feedback is given and received by all present, and suggestions are made for maximizing the benefits of the program to the student. The intent is for the student to increase her/his understanding of the individual's and group's various responses to the experience of being in a massage therapy training program and to identify factors affecting the satisfaction and success achieved by each member of the Health Works community.

STUDENT CLINIC

Prerequisites: Swedish Massage Therapy, 20 hours of Psychology, 30 hours of PACE, and 30 hours of Physiology/Pathology. The Student Clinic course begins with an orientation to clinic policies and procedures, preparing students to successfully participate in this component of the program. Students develop their skills for creating and completing client records. Students learn proper use of medical terminology and abbreviations, how to take a client's medical history, and client case management.

On Student Clinic days, students perform massage therapy sessions with members of the public. The Clinic Supervisor provides support, instruction, feedback, and evaluation of the student's work. Students also receive oral and written feedback from each client. Students learn how to work with clients with conditions including pregnancy and back pain, and illnesses such as cancer, fibromyalgia, and other illnesses and conditions that massage therapists are likely to encounter in their practices. The Student Clinic Supervisor presents instruction on numerous illnesses and conditions, and students are then able to tailor their client interviews and treatment plans to focus on techniques that are particularly effective for each client.

On a day following each Student Clinic day, students attend a de-briefing session with the Student Clinic Supervisor. On Clinic days, students must focus on their individual experiences with their clients. The de-briefing session gives the students and Supervisor time to discuss and learn from the experiences of all of the students in the class.

Student Clinic gives students the opportunity to integrate the skills and knowledge gained in the classroom, thereby achieving an increase in confidence and an enhanced ability to manage the entire massage therapist/client experience. The Clinic Supervisor provides advice and assistance for making a successful transition from student to professional massage therapist.

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SCHOOL STATUS CODE REQUEST FORM

Purpose

The purpose of this form is to verify that students who graduate from a specific school are qualified to sit for the National Certification Exam (NCE). Schools that meet the criteria on this form and submit the completed form and required documents will receive an "Assigned School (AS) Code" number. This number will then be used by your students on their application form to identify your school as the one s/he graduated from.

To Receive a NCBTMB Assigned School Code

A program must consist of a minimum of 500 hours of instruction delivered as follows:

300 Hours

300 hrs (60%) delivered:

- In-class (face-to-face) *OR* in a distance education format (CD, DVD, online, videotape, telecourse, hybrid course, etc.) *OR* in some combination of both.

AND

200 Hours

200 hrs (40%) of hands-on instruction delivered in-class (face-to-face) only.

Program of Instruction Breakouts

The program of instruction must include:

- 200 hours of massage and bodywork assessment, theory, and application instruction.
- A minimum of: 125 hours of instruction on the body system's (anatomy, physiology and kinesiology).
- 40 hours of Pathology.
- 10 hours of business and ethics instruction (a minimum of 6 hours in ethics).
- 125 hours of instruction in an area or related field that theoretically completes your massage program of study.

Unacceptable Courses/Programs

Unacceptable courses and/or programs include, but are not limited to:

- Courses that do not adhere to the NCBTMB Code of Ethics (The NCBTMB Code of Ethics can be found at the following URL: http://www.ncbtmb.org/about_code_of_ethics.php)
- Physically invasive courses (i.e., ear candelling, colonics, TMJ/inter-oral massage, etc.)
- Courses that instruct with electricity (i.e., electrical stimulation, ultra-sound, etc.)
- Courses that are beyond the scope of practice for a massage therapist
 - Scope of Practice: The minimum standards necessary for safe and effective practice and the parameters of practice determined by the certificant's professional training and education, and, when applicable, regulatory bodies.
- Any courses that do not require touch and movement
- Courses that provide instruction in areas other than:
 - General knowledge of the body systems
 - Detailed knowledge of anatomy, physiology and kinesiology
 - Pathology
 - Therapeutic massage and bodywork assessment
 - Therapeutic massage and bodywork application
 - Professional standards, ethics, business, and legal practices



Important Information for Schools: National Certification Examination for Therapeutic Massage (NCETM)

TO BE IMPLEMENTED JUNE 1, 2005

WHAT YOU NEED TO KNOW

Beginning on June 1, 2005, the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) will be implementing updated eligibility criteria for the National Certification Examination for Therapeutic Massage and Bodywork (NCETMB) and establishing a massage-specific exam, the National Certification Examination for Therapeutic Massage (NCETM).

Candidates who apply for National Certification and start their programs of study on or after June 1, 2005 will be reviewed using the new eligibility criteria. Those individuals enrolled in a program prior to June 1, 2005 will be evaluated using NCBTMB's current eligibility criteria.

NCBTMB chose the June 1, 2005 implementation date so that schools and students could have proper time to prepare for these changes. The new exam and the updated eligibility criteria were first announced in January 2004. Subsequently, NCBTMB sent notices of these changes to schools and state massage boards in March 2004. In addition, NCBTMB posted this information on its Web site (www.ncbtmb.com) at that same time.

The revised eligibility criteria for certification reflect the proportions of content as they will appear on the NCETM and the NCETMB. The NCBTMB Job Task Analysis, conducted in 2002, validated the content of these exams.

The development of the NCETM and the NCETMB is in strict compliance with the accreditation guidelines established by the National Commission for Certifying Agencies, the *Standards for Educational*

and Psychological Testing (American Educational Research Association, American Psychological Association and the National Council for Measurement in Education) and the Equal Employment Opportunity Commission's *Guidelines on Employee Selection Procedures*.

Each of these exams will be available under the National Examination for States Licensing (NESL) option, which is and will remain available to any candidate who does not meet NCBTMB's eligibility criteria to become certified, is not required to become certified or chooses not to become certified. This alternative was adopted because several states utilize the NCBTMB exams, either in statute or rule, but do not require applicants for licensure to become certified by NCBTMB.

Individuals applying the NESL option are required to register for the exams through NCBTMB, pay the appropriate fee and follow NCBTMB's procedures for scheduling an exam appointment. They are able to take the exam to meet a state's requirements regardless of the criteria NCBTMB has adopted for the certification. Once candidates have passed the NCETM or NCETMB, they will be able to have their scores transferred to the regulatory agency of their choice by following the protocol outlined in the *National Certification Examination Candidate Handbook*.

More information about NCBTMB's examination content outline and eligibility criteria follows. Additional copies are available free of charge through the NCBTMB Web site at www.ncbtmb.com or by calling (800) 296-0664.

Content Outline

(with percentage weights of major content areas)

I. General Knowledge of Body Systems (14%)

A. Anatomy B. Physiology C. Pathology

1. Integumentary (skin)
2. Skeletal
3. Muscular
4. Nervous
5. Endocrine
6. Cardiovascular
7. Lymphatic
8. Urinary
9. Respiratory
10. Gastrointestinal
11. Reproductive

II. Detailed Knowledge of Anatomy, Physiology, and Kinesiology (26%)

A. Anatomy

1. Anatomical position and terminology (e.g., planes, directions)
2. Individual muscles/muscle groups
3. Muscle attachments
4. Muscle fiber direction
5. Tendons
6. Fascia
7. Joint structure
8. Ligaments
9. Bursae
10. Dermatomes

B. Physiology

1. Response of the body to stress
2. Basic nutrition principles

C. Kinesiology

1. Actions of individual muscles/muscle groups
2. Types of muscle contractions (e.g., concentric, eccentric, isometric)
3. Joint movements
4. Movement patterns
5. Proprioception

III. Pathology (14%)

A. Medical terminology

B. Etiology of disease

C. Modes of contagious disease transmission (e.g., blood, saliva)

D. Signs and symptoms of disease

E. Psychological and emotional states (e.g., depression, anxiety, grief)

F. Effects of life stages (e.g., childhood, adolescence, geriatric)

G. Effects of physical and emotional abuse and trauma

H. Factors that aggravate or alleviate disease (e.g., biological, psychological, environmental)

I. Physiological healing process

J. Indications and contraindications/cautions

K. Principles of acute versus chronic conditions

L. Stages/aspects of serious/terminal illness (e.g., cancer, AIDS)

M. Basic pharmacology

1. Prescription medications

2. Recreational drugs (e.g., tobacco, alcohol)

3. Herbs

4. Natural supplements

N. Approaches used by other health professionals



IV. Therapeutic Massage Assessment (16%)

- A. Assessment methods (visual, palpatory, auditory, olfactory, intuitive)
- B. Assessing range of motion
- C. Assessment areas (soft tissues and bony landmarks, endangerment sites, trigger points, adhesions, lymphatic edema, pulse rate)
- D. Holding patterns (e.g., guarding, muscle/fascial memory)
- E. Posture analysis
- F. Structural and functional integration
- G. Ergonomic factors
- H. Effects of gravity
- I. Proprioception of movement

V. Therapeutic Massage Application (24%)

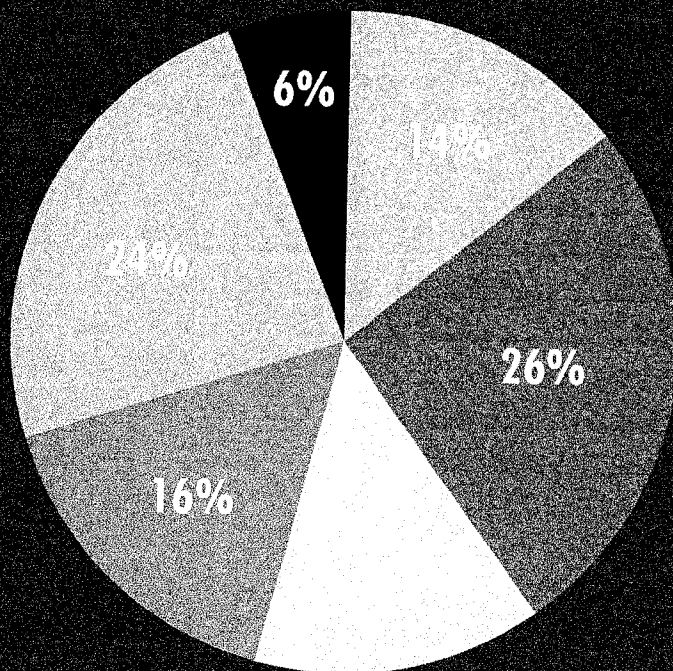
- A. Theory
 1. Effects/benefits of massage/bodywork (physiological, emotional/psychological)
- B. Methods and Techniques
 1. Client draping and positional support techniques
 2. Hydrotherapy/ hydromassage application
 3. Stress management and relaxation techniques
 4. Self-care activities for the client to maintain health (e.g., stretching, swimming)
 5. Principles of holistic practice/approach
 6. Postural balancing
 7. Use of massage tools
 8. Enhancing client's kinesthetic awareness
 9. Joint movement techniques
 10. Static touch/holding
 11. Techniques/strokes (compression/ palming, cupping, flicking, friction, gliding, hair pulling, jostling, kneading, percussion, pinching, rocking, shaking, skin rolling, torquing, traction, vibration)

12. Stretching (e.g., active stretching, passive stretching, resisted stretching, cross-directional stretching, Proprioceptive Neuromuscular Facilitation [PNF], Muscle Energy Technique [MET], reciprocal inhibition, Active Isolated Stretching [AIS])







13. Aromatherapy
14. Topical analgesics
15. Gauging pressure as appropriate
16. Practitioner body mechanics
17. Standard Precautions
18. CPR/first aid

VI. Professional Standards, Ethics, Business and Legal Practices (6%)

- A. Maintaining professional boundaries while responding to client's emotional needs
- B. Client interviewing techniques
- C. Communication with other health professionals
- D. When to refer clients to other health professionals
- E. Verbal and nonverbal communication skills
- F. NCBTMB Code of Ethics and Standards of Practice
- G. Issues of confidentiality
- H. Legal and ethical parameters of scope of practice
- I. Basic psychological and physical dynamics of practitioner/client relationship
- J. Planning strategies for single and multiple sessions
- K. Session record keeping practices
- L. Basic business and accounting practices
- M. Outsourcing business needs (e.g., insurance billing, bookkeeping)
- N. Regulations pertaining to income reporting
- O. Need for liability insurance
- P. State and local credentialing requirements
- Q. Legal entities (e.g., independent contractor, employee)



CONTENT OUTLINE

-  General Knowledge of Body Systems
-  Detailed Knowledge of Anatomy, Physiology, and Kinesiology
-  Pathology
-  Therapeutic Massage Assessment
-  Therapeutic Massage Application
-  Professional Standards, Ethics, Business and Legal Practices

Eligibility Criteria to take the National Certification Examination for Therapeutic Massage (NCETM)

To be considered eligible to take the NCETM or the NCETMB, a candidate must have:

- a. A minimum of 500 hours of in-class, supervised instruction, broken down as follows:
 - i. 125 hours of in-class, supervised instruction in the body's systems and anatomy, physiology and kinesiology
 - ii. 200 hours of in-class, supervised instruction in massage and bodywork assessment, theory and application
 - iii. 40 hours of in-class, supervised instruction in pathology
 - iv. 10 hours of in-class instruction in business and ethics (a minimum of 6 hours in ethics)
 - v. 125 hours of additional in-class, supervised instruction in an area or related field that theoretically completes your massage program of study.
- b. Graduated from a school that is approved to provide massage therapy and/or bodywork training in the state in which it is located.



National Certification Board for
Therapeutic Massage & Bodywork

DEVELOPMENT OF A NEW CREDENTIAL

Background

To ensure the integrity and validity of The National Certification Examination for Therapeutic Massage (NCETM), the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) commissioned a job analysis for therapeutic massage and bodywork professionals. NCBTMB worked with The Chauncey Group International® (Chauncey Group®), to conduct the study during 2001-2002.

The job analysis procedure was designed to obtain descriptive information about the tasks therapeutic massage and bodywork practitioners perform on the job and the knowledge/skills needed to adequately perform those tasks. The purpose of the job analysis was to:

- develop a list of the important tasks and knowledge/skills needed to perform therapeutic massage and bodywork;
- develop test specifications for the National Certification Examination (NCE-level examination);
- obtain useful information that can guide professional development initiatives for therapeutic massage and bodywork professionals; and
- ensure that NCBTMB has up-to-date information about expected changes in therapeutic massage and bodywork professional work over the next few years.

Job Analysis

The job analysis consisted of several activities: survey development, survey dissemination, compilation of survey results and test specifications development. The successful outcome of the study was dependent on the excellent information provided by therapeutic massage and bodywork professionals.

Survey Development

Survey research is an efficient and effective way to identify the tasks and knowledge that are important to the work performed by large numbers of therapeutic massage and bodywork professionals.

The development of the survey was based on information from a number of sources:

- NCBTMB provided Chauncey Group® with the previous job analysis study conducted in 1997. Chauncey Group® used this information to develop a preliminary list of tasks and knowledge/skills
- Telephone interviews with therapeutic massage and bodywork professionals who reviewed and commenced work on the preliminary listing of the tasks and knowledge/skills

- A task force committee comprised of therapeutic massage and bodywork professionals who reviewed and revised the preliminary list of tasks and knowledge/skills and the first draft of the Therapeutic Massage and Bodywork Professionals survey
- Therapeutic massage and bodywork professionals who completed the pilot version of the survey to ensure that the document was clearly written and comprehensive in content

Survey Content

The survey consisted of six sections:

1. Tasks
2. Knowledge/Skills
3. Recommendation for Test Content
4. Bodywork Approaches
5. Background and General Information
6. Comments

Dissemination of the Job Analysis Surveys

Chauncey Group® printed, assembled, and mailed the surveys in September 2002. A total of 2,335 therapeutic massage and bodywork professionals were invited to complete a survey.

The survey sampling plan was developed to reflect the percentage of NCEs by state. The number of NCEs in a state was divided by the total number of NCEs nationwide. The resulting percentage was used to determine the number of surveys disseminated within a given state.

Each survey packet included a cover letter provided by NCBTMB, a survey, and a postage-paid envelope for returning the completed survey to Chauncey Group®. Participants were mailed a survey completion reminder after the survey was disseminated.

Test Specifications Development

A Test Specifications Committee was convened in November 2002 to review the job analysis findings and create the test content outline for the NCE-level examination. The new specifications were then used to develop the future version the NCE-level examination.

Summary

This study took a multi-method approach to identify the tasks and knowledge/skills that are important to the competent performance of therapeutic massage and bodywork professionals. The job analysis process allowed for input from over 500 therapeutic massage and bodywork professionals and was conducted within the guidelines of professionally sound practice. The results of the study were used by NCBTMB to develop the new version of the NCE-level examination and guide professional development initiatives for which the content outline and eligibility criteria follow.

MISSION:

The National Certification Board for Therapeutic Massage and Bodywork's mission is to foster high standards of ethical and professional practice in the delivery of services through a credible, recognized credentialing program that assures the competency of practitioners of therapeutic massage and bodywork.



National Certification Board for SM
Therapeutic Massage & Bodywork

NATIONAL CERTIFICATION BOARD FOR THERAPEUTIC MASSAGE AND BODYWORK

1901 South Meyers Road, Suite 240 • Oakbrook Terrace, IL 60181

1-800-296-0664 • 1-630-627-8000

e-mail: info@ncbtmb.com

www.ncbtmb.com

STANDARDS AND SELF-STUDY
Commission on Massage Therapy Accreditation

- 2.10 Massage and bodywork programs.**
 - 2.10.1** Programs contain a minimum of 600 clock hours of classroom and clinical instruction.
 - 2.10.2** Classroom and clinic/fieldwork instruction hours are conducted or directly supervised by qualified faculty members.
 - 2.10.3** The number of clock hours and the time required to complete the program are consistent with the program's mission and objectives.
 - 2.10.4** Programs meet the competency requirements outlined below.

COMPETENCY 1: PLAN AND ORGANIZE AN EFFECTIVE MASSAGE AND BODYWORK SESSION

Element 1.1: Structure and function of the human body in health and disease

- I. Identify and describe the anatomical organization and general physiological principles of the human body.**
- II. For all systems of the body, identify, locate, and describe the structures (anatomy), functions (physiology) and pathologies commonly encountered in the practice of massage therapy and bodywork.**
 - A. Integumentary system**
 - B. Musculoskeletal system**
 - C. Cardiovascular system and blood**
 - D. Lymphatic and immune systems**
 - E. Nervous system**
 - F. Endocrine system**
 - G. Respiratory system**
 - H. Digestive system**
 - I. Urinary system**
 - J. Reproductive system**
- III. Define, identify and describe the following elements of Asian anatomy, physiology and pathology. (For programs in Asian Bodywork Therapies only.)**
 - A. Identify and describe general Asian philosophy and cosmology**
 - B. The Five Elements/Transformations**
 - C. The Fundamental Substances of the body**
 - D. The Zang (Yin) and Fu (Yang) organs**
 - E. General Meridian Theory**
 - 1. The Twelve Superficial Meridians/Channels (external/superficial and internal/deep) and effective points**
 - 2. The Eight Extraordinary Vessels**
 - 3. The Tendio-Muscular Pathways**
 - F. Specific points and categories of points**
 - 1. Tonification and Sedation points**
 - 2. Yuan (Source) points**
 - 3. Luo (Connection) points**
 - 4. Front Mu/Bo (Alarm) points**
 - 5. Back Shu/Yu (Associated) points**
 - 6. Beginning and Ending points**
 - G. Causes and patterns of disease or imbalance**
 - 1. Etiology of imbalance**
 - 2. Zang/Fu patterns of imbalances**
 - 3. The six energies (divisions) from the most exterior to the most interior**
 - 4. The energetic imbalances that occur within the Five Elements/Transformations Model**
 - 5. The characteristic imbalances of the Four Levels (Defense, Qi, Nutritive, Blood)**
 - 6. The characteristic imbalances of the Three Jiao (Upper, Middle, Lower)**

STANDARDS AND SELF-STUDY
Commission on Massage Therapy Accreditation

Element 1.2: Effects of touch, massage and bodywork techniques

- I. Identify and describe the physiological effects of touch and specific massage or bodywork techniques. (Does not apply to programs in Asian Bodywork Therapies.)
- II. Identify and describe potential emotional effects of touch and specific massage or bodywork techniques. (Does not apply to programs in Asian Bodywork Therapies.)
- III. Identify specific indications, contraindications and precautions to touch, massage and bodywork, considering pathologies and various populations.
- IV. Apply the concepts of Yin/Yang. (For programs in Asian Bodywork Therapies only.)

Element 1.3: Healthcare and bodywork terminology

- I. Use healthcare and bodywork terminology to communicate treatment findings and therapeutic results.

Element 1.4: Therapeutic environment

- I. Define and describe the interpersonal and physical components of a therapeutic environment.

Element 1.5: Wellness model

- I. Define and describe a wellness model.
- II. Identify the scope of practice of massage therapy and bodywork in relation to a wellness model.

Element 1.6: Assessment and data collection

- I. Describe the purpose of assessment and data collection.
- II. Perform assessment and data collection.
 - A. History taking
 - B. Observation
 - C. Palpation
 - D. Functional testing
 - E. Pain assessment

Element 1.7: Clinical reasoning and treatment planning

- I. Develop a safe and effective initial session and on-going treatment plan, based on client goals, assessment findings, and understanding of effects of massage and bodywork.
- II. Write clear, concise and accurate notes of client treatment sessions.

COMPETENCY 2 - PERFORM MASSAGE THERAPY AND BODYWORK FOR THERAPEUTIC BENEFIT

Element 2.1: Organization and management of the client session

- I. Communicate the plan and rationale for a treatment session to the client.
- II. Obtain informed consent from the client prior to beginning a treatment session.
- III. Modify the plan and therapeutic approach used during a treatment session based on client response.
- IV. Manage time within a treatment session.
- V. Develop and implement strategies to address challenging client-therapist interactions.

Element 2.2: Application of techniques

- I. Demonstrate techniques that are within the scope of training and practice of commonly recognized massage therapy or bodywork disciplines.
- II. Identify and apply principles and protocols for massage and bodywork sessions.
- III. Vary the choice and application of techniques as appropriate to the client's needs, including those of special populations.
- IV. Demonstrate techniques that are appropriate for each body area, including endangerment sites.
- V. Identify and practice appropriate methods of sanitation and personal hygiene in the performance of massage and bodywork sessions.
- VI. Describe and demonstrate standard precautions.

STANDARDS AND SELF-STUDY
Commission on Massage Therapy Accreditation

Element 2.3: Equipment and supplies

- I. Demonstrate safe and effective use of equipment (such as massage tables, massage chairs, bolsters) and supplies (such as linens, lubricants, gloves).

Element 2.4: Hydrotherapy (Not required for programs in Asian Bodywork Therapies)

- I. Describe various hot and cold hydrotherapy techniques (such as hot or cold packs, immersion baths, paraffin, ice massage).
- II. Identify the indications, contraindications, precautions, effects and uses of hydrotherapy techniques.
- III. Identify the physiological principles and mechanisms involved in the effects of hydrotherapy.
- IV. Describe appropriate methods of hygiene and sanitation for hydrotherapy applications.

COMPETENCY 3 - DEVELOP AND IMPLEMENT A SELF-CARE STRATEGY

Element 3.1: Self-assessment and stress management

- I. Assess personal needs, behaviors, beliefs, attitudes, and knowledge relevant to the practice of massage therapy and bodywork.
- II. Identify how personal and cultural values, attitudes, and ethics influence professional values, attitudes, and ethics.
- III. Identify the physiological and psychological effects of stress.
- IV. Identify various stress reduction techniques and their benefits.

Element 3.2: Self-care and performance

- I. Identify and describe the effect of physical fitness and life style habits on the performance of massage and bodywork techniques.
- II. Define and describe the effect of centering, focusing, grounding and breathing on the performance of massage and bodywork techniques.
- III. Identify and demonstrate biomechanical skills necessary for the safe and effective performance of massage and bodywork techniques.

COMPETENCY 4 - DEVELOP SUCCESSFUL AND ETHICAL THERAPEUTIC RELATIONSHIPS WITH CLIENTS

Element 4.1: Communication in the client-therapist relationship

- I. Define and demonstrate active listening, rapport, empathy and feedback.
- II. Identify strategies to effectively deal with emotional and behavioral client responses to massage therapy and bodywork treatment.
- III. Describe the principles of conflict resolution and apply conflict resolution skills effectively in the client-therapist relationship.

Element 4.2: Professional boundaries

- I. Identify the qualities and characteristics of boundaries.
- II. Identify cultural differences related to boundary issues.
- III. Define and discuss the differences between a personal and a professional relationship.
- IV. Discuss the importance of professional boundaries.
- V. Define and discuss transference and counter transference.
- VI. Describe techniques for establishing and maintaining safe and respectful boundaries with clients.
- VII. Discuss and demonstrate the use of draping during treatment as a professional boundary.

Element 4.3: Professional ethics

- I. Identify and describe the purpose of a code of ethics.
- II. Identify and describe the purpose of Standards of Practice specific to massage therapy and bodywork.
- III. Identify confidentiality principles related to massage therapy and bodywork practice, including requirements for HIPAA compliance.
- IV. Identify common ethical situations in massage therapy and bodywork.
- V. Describe processes by which to effectively resolve ethical issues.

STANDARDS AND SELF-STUDY
Commission on Massage Therapy Accreditation

COMPETENCY 5 - DEVELOP A STRATEGY FOR A SUCCESSFUL PRACTICE, BUSINESS OR EMPLOYMENT SITUATION

Element 5.1 Basic business practices

- I. Identify common business practices and structures in massage therapy and bodywork practice.
- II. Identify and design effective methods for time management, client scheduling, and maintenance of the work environment.
- III. Create a business plan or outline an employment strategy, including short and long-term professional goals.
- IV. Identify the basic aspects of legal agreements, contracts, employment agreements and professional insurance.
- V. Identify basic principles of accounting and bookkeeping suitable for various business structures.
- VI. Create and maintain documentation regarding the legal requirements for retaining client, financial and tax records.
- VII. Demonstrate knowledge of federal, state and local regulations as they pertain to massage therapy and bodywork practice.
- VIII. Demonstrate knowledge of ADA requirements and their implication for massage therapy and bodywork practice.

Element 5.2: Job search and marketing

- I. Identify the elements of effective job search and marketing materials (such as resumes, brochures, business cards).
- II. Identify and discuss common methods of marketing for massage therapy and bodywork.
- III. Identify strategies to develop and maintain a client base.

Element 5.3: Professional referrals

- I. Identify strategies for effective communication with other professionals regarding client care and referrals.
- II. Describe the process used to identify the scope of practice of allied health professions.
- III. Describe the appropriate use of medical release and consent forms.

Element 5.4: Professional relationships

- I. Discuss the process for establishing and maintaining professional relationships in the workplace.
- II. Discuss strategies for establishing and maintaining professional relations with peers and with other professionals.
- III. Identify strategies for conflict resolution with other professionals, including the need for documentation.

COMPETENCY 6 - IDENTIFY STRATEGIES FOR PROFESSIONAL DEVELOPMENT

Element 6.1: History of the profession

- I. Describe the history of massage therapy and bodywork.
- II. Identify the role of professional associations for massage therapists and bodyworkers.

Element 6.2: On-going education

- I. Discuss the value of on-going education and skill development as a professional.
- II. Describe methods for identifying advanced training programs to enhance performance, knowledge and skills.

Element 6.3: Research literacy

- I. Explain the value of research to the profession.
- II. Identify sources of published research literature on therapeutic massage and bodywork.
- III. Critically read and evaluate a published research article in the field of massage therapy and bodywork.



American Massage Therapy Association®

State Boards Adminstrating Massage Practice Laws

[Alabama](#)[Alaska](#)[Arizona](#)[Arkansas](#)[California](#)[Colorado](#)[Connecticut](#)[Delaware](#)[Florida](#)[Georgia](#)[Hawaii](#)[Idaho](#)[Illinois](#)[Indiana](#)[Iowa](#)[Kansas](#)[Kentucky](#)[Maine](#)[Maryland](#)[Massachusetts](#)[Michigan](#)[Minnesota](#)[Mississippi](#)[Missouri](#)[Montana](#)[Nebraska](#)[Nevada](#)[New Hampshire](#)[New Jersey](#)[New Mexico](#)[New York](#)[North Carolina](#)[North Dakota](#)[Louisiana](#)[Ohio](#)[Oklahoma](#)[Oregon](#)[Pennsylvania](#)[Rhode Island](#)[South Carolina](#)[South Dakota](#)[Tennessee](#)[Texas](#)[Utah](#)[Vermont](#)[Virginia](#)[Washington](#)[Washington, D.C.](#)[West Virginia](#)[Wisconsin](#)[Wyoming](#)

California
Michigan

| Regulatory Board | Education Requirements | Fees | CEU Requirements | Exam |
|--|---|--|----------------------|--------|
| Alabama Massage Therapy Board 610 S. McDonough St. Montgomery, AL 36104 Ph: (334) 269-9990 Fax: (334) 263-6115 Email: ALMTBD@aol.com On the web | 650 hours from board approved massage therapy school | Application: \$25.00 Licensing: \$100.00 Renewal: \$100.00 | 16 hours biennially; | NCETMB |
| Arizona Board of Massage Therapy 1400 West Washington, Suite 230 Phoenix, AZ 85007 Phone: (602) 542-8604 Fax: (602) 542-3093 Email: info@massageboard.state.az.us On the web | 700 hours from a Board recognized Massage Therapy School <i>Effective 1/1/08</i> | Application & Initial License: \$165.00 Fingerprint: \$24.00 Duplicate license: \$40.00 Renewal: \$75.00 | 25 hours biennially | NCETMB |
| Arkansas State Board of Massage Therapy PO Box 20739 Hot Springs, AR 71903 Ph: (501) 520-0555 Fax: (501) 623-4130 Email: info@arkansasmassagetherapy.com On the web | 500 hours from a board accepted massage therapy school | Application & Initial License: \$130.00 Annual Renewal: \$30.00 (LMT) \$40.00 (Master) \$45.00 (Instructor) | 6 hours annually | MBLEx |
| Colorado | 500 hours from an | TBD | TBD | TBD |

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| Department of Regulatory Agencies 1560 Broadway, Suite 1350 Denver, CO 80202 Ph: (303) 894-7800 FAX: (303) 894-7693 On the web | approved massage school | | | |
| Connecticut Department of Public Health Massage Therapy Licensure 410 Capitol Avenue Hartford, CT 06134 Ph: (860) 509-7603 FAX: (860) 509-8457 On the web | 500 hours – COMTA approved school | Application: \$300.00 Renewal: \$200.00 | 24 hours every 4 years | NCETMB |
| Delaware Board of Massage and Bodywork Cannon Building, #203 861 Silver Lake Blvd Dover, DE 19904 Ph: (302) 744-4500 Fax: (302) 739-2711 E-mail: Ashley.stewart@state.de.us On the web | 500 hrs, exam – License for Massage Therapist 300 hrs – Certified Massage Technician Temporary Permits for MT Technicians (One Year) – 200 hours | Application: \$104 (CMT and LMT) Upgrade from Active CMT to LMT: \$32 Temporary Massage Technician: \$52 Renewal: Notice of fee will be delivered at the time of renewal. | LMT-24 hours biennially CMT-12 hours biennially | NCETMB |
| District of Columbia Board of Massage Therapy Department of Health 717 14th Street, N.W. Washington, DC 20005 Ph: (877) 672-2174 Fax: (202) 727-8471 On the web | 500 hours from Board approved or COMTA approved school | Application & Initial License: \$262.00 Renewal: \$ | 12 hours biennially | NCETMB |
| Florida Board of Massage Therapy Florida Department of Health, Medical Quality Assurance (for application & fees only; regular mail only) PO Box 6330 Tallahassee, FL 32314-6330 (for application & fees only; overnight mail only) 4052 Bald Cypress Way Bin C-99 Tallahassee, FL 32399 Ph: (850) 245-4161 Fax: (850) 921-6184 E-mail: MQA_MassageTherapy@doh.state.fl.us On the web | 500 hours from Board approved school | Application: \$205.00 Renewal: \$155.00 | 24 hours biennially (1 hours/month since last renewal) | NCETMB |
| Georgia Board of Massage Therapy | 500 hours from | Application: | 24 hours | NCBMTB, |

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| 237 Coliseum Drive Macon, GA 31217-3858 Applications/Payments: P.O. Box 13446 Macon, GA 31208 Phone: 478.207.2440 Fax: 478.207.1663 <u>On the web</u> | Board approved school | \$125 Renewal: \$75 | biennially | NCBTM, or MBLEx |
| Hawaii State Board of Massage Therapy Dept of Commerce & Consumer Affairs P.O. Box 3469 1010 Richards St. Honolulu, HI 96801 Ph: (808) 587-3222 <u>On the web</u> | 570 hours & written state exam (See website for apprenticeship details) | Application: \$50.00 License: \$25.00 Renewal: \$25.00 MT Apprentice: \$50 | No | State Exam |
| Illinois Department of Financial & Professional Regulation Massage Therapy Licensure 320 West Washington Street, 3rd Floor Springfield, IL 62786 Phone: (217) 782-8556 Fax: (217) 782-7645 <u>On the web</u> | 500 hours | License: \$175.00 Renewal: \$175.00 | 24 hours biennially | NCETMB or other approved certifying exam |
| Indiana State Board of Massage Therapy Professional Licensing Agency Attn: State Board of Massage Therapy 402 W Washington St, Room W072 Indianapolis, Indiana 46204 Phone: (317) 234-2051 Staff E-mail: pla6@pla.IN.gov <u>On the web</u> | 500 hours Grandfathering expires July 1, 2009 | TBD | | NCETMB, or MBLEx, AMMANCE |
| Iowa Board of Massage Therapy Examiners Department of Public Health Lucas State Office Bldg, 5th Floor 321 E. 12th St. Des Moines, IA 50319-0075 Ph: (515) 281-6959 Fax: (515) 281-3121 <u>On the web</u> | 500 hours from accredited school | Application: \$120.00 Biennial Renewal: \$60.00 | 24 hours biennially | NCETMB or MBLEx |
| Kentucky Board of Licensure for Massage Therapy P.O. Box 1360 Frankfort, KY 40602 Phone: (502) 564-3296 Fax: (502) 564-4818 <u>On the web</u> | 600 hours | Application & licensure: \$125.00 Biennial Renewal: \$100.00 | 24 hours Biennially | NCETMB or NCCA approved certifying exam |
| Maine Massage Therapy Department of Professional and Financial Regulation, Office of Licensing & Registration 35 State House Station Augusta, ME 04333 Ph: (207) 624-8613 Fax: (207) 624-8637 <u>On the web</u> | 500 hours from a state approved school OR Examination | Application & Initial License: \$71.00 Renewal: \$25.00 | No | NCETMB or MBLEx |
| Maryland Board of Chiropractic and | 500 hrs + 60 | Application & | 24 hours | NCETMB or |

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| Massage Therapy Examiners 4201 Patterson Ave., 5th floor Baltimore, MD 21215-2299 Ph: (410) 764-4738 Fax: (410) 358-1879 <u>On the web</u> | college credits and exams – Certified Massage Therapist (CMT) 500 hrs + exams – Registered Massage Practitioner (RMP) | Initial License: \$550.00 Renewal: \$250.00 | biennially | NCCAOM AND State Jurisprudence exam |
| Massachusetts Board of Registration of Massage Therapy 239 Causeway Street, Suite 500 Boston, MA 02114 <u>On the web</u> | 500 hours 650 hours AFTER May 1, 2010 | App & License: \$225.00 Annual Renewal: \$150.00 | TBD | N/A |
| Mississippi State Board of Massage Therapy P.O. Box 12489 Jackson, MS 39236-2489 Ph: (601) 919-1517 Fax: (601) 853-0336 Email: director@msbmt.state.ms.us <u>On the web</u> | 700 hours from an accredited school + CPR and First Aid | Initial Application: \$50.00 Biannual Registration: \$192.00 | 12 hours from CEU Board approved program + CPR annually | NCETMB, or MBLEx AND State Law Exam (out of state school only) |
| Missouri State Board of Therapeutic Massage Division of Professional Registration 3605 Missouri Blvd. P.O. Box 1335 Jefferson City, MO 65102 Ph: (573) 522-6277 Fax: (573) 751-0735 E-mail: massagether@pr.mo.gov <u>On the web</u> | 500 hours from a Board approved school | Application: \$200.00 Renewal: \$200.00 Fingerprints: \$14.00 | 12 hours biennially | NCETMB, NCCAOM, or AMMANCE |
| Nebraska Massage Therapy Board Health and Human Services Regulation & Licensing – Credentialing Division P.O. Box 94986 Lincoln, NE 68509-4986 Ph: (402) 471-2115 Fax: (402) 471-3577 <u>On the web</u> | 1000 hours | <u>Fee Schedule</u> | 24 hours biennially | NCETMB |
| Nevada Board of Massage Therapy 1755 E. Plumb Lane Suite 252 Reno, NV 89502 Phone (775) 688-1888 Fax (775) 786-4264 <u>On the web</u> | 500 hours from a Board recognized program | Application: \$100.00 License: \$150.00 Background Check: \$125.00 Fingerprint: check with local authorities Renewal: \$150.00 (annual) | 12 hours annually | NCETMB |
| New Hampshire Office of Program Support, Licensing & Regulatory Services Board of Massage Therapy 129 Pleasant Avenue Concord, NH 03301 Ph: (603) 271-4814 | 750 hours + CPR | Application: \$125.00 Renewal: \$100.00 | 12 hours annually | NCETMB and Practical Exam |

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| Fax: (603) 271-5590 On the web | | | | |
| New Jersey Board of Nursing **Legislation requiring licensure signed by Gov. Corzine on Jan. 13, 2008. Rules & Regulations to come.** Massage, Bodywork & Somatic Therapy Examining Committee 124 Halsey Street Newark, NJ 07102 Phone: (973) 504-6430 Fax: (973) 648-3481 On the web | 500 hours | Application: \$75.00 Certification: \$120.00 Criminal Background Check: \$78.00 | N/A | NCETMB or diploma from state approved school |
| New Mexico Massage Therapy Board 2550 Cerrillos Road Santa Fe, NM 87505 Ph: (505) 476-4870 Fax: (505) 476-4645 E-mail: massage.board@state.nm.us On the web | 650 hours from a Board approved school | Application: \$75.00 Biennial Renewal: \$125.00 | 16 hours biennially | NCETMB, or NCETM and State exam |
| New York State Board of Massage Therapy Office of the Professions Division of Professional Licensing Services 89 Washington Avenue Albany, NY 12234-1000 Ph: (518) 474-3817 ext. 150 Fax: (518) 486-2981 E-mail: msthbd@mail.nysed.gov On the web | 1000 hours | Application: \$100.00 Limited Permit: \$35.00 | No | State exam |
| North Carolina Board of Massage and Bodywork Therapy P.O. Box 2539 Raleigh, NC 27602 Ph: (919) 546-0050 Fax: (919) 833-1059 E-mail: admin@bmbt.org On the web | 500 hours from a Board approved school | Application: \$20.00 Licensure: \$150.00 Renewal: \$100.00 | 25 hours biennially | NCETMB, or NCCAOM |
| North Dakota State Board of Massage P.O. Box 218 Beach, ND 58621 Ph: (701) 872-4895 E-mail: k_wojahn@yahoo.com On the web | 750 hours + CPR | Application: \$150.00 Renewal (annual): \$100.00 | 18 hours annually | NCETMB |
| Ohio State Medical Board Massage Licensing Division 77 South High St., 17th floor Columbus, OH 43266-0315 Ph: (614) 466-3934 Fax: (614) 728-5946 On the web | 750 hours and state exam | Application: \$35.00 Exam: \$250.00 | No | State exam |
| Oregon Board of Massage 748 Hawthorne Ave., N.E. Salem, OR 97301 | 500 hours | Application & Initial License: \$150.00 | 25 hours biennially + Current CPR | NCETMB, or MBLEx and state exam |

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| Ph: (503) 365-8657 Fax: (503) 385-4465 <u>On the web</u> | | Practical Exam: \$150.00 Renewal: \$100.00 | | |
| Rhode Island Department of Health Office of Health Professional Regulation 3 Capitol Hill, Room 104 Providence, RI 02908-5097 Ph: (401) 222-2827 Fax: (401) 222-1272 <u>On the web</u> | 500 hours | Licensing: \$50.00 Renewal: \$50.00 | No | NCETMB |
| South Carolina Board of Massage and Bodywork Therapy (Street Address) Kingstree Building 110 Center View Columbia SC 29210 (Mailing Address) P.O. Box 11329 Columbia, SC 29210-1329 Ph: (803) 896-4490 Fax: (803) 896-4484 Eddie Jones, Administrator E-mail: jones@mail.ltr.state.sc.gov <u>On the web</u> | 500 hours from an approved school | Application: \$50.00 Initial License: \$100.00 Renewal: \$160.00 Late Renewal: \$210.00 | 12 hours biennially | NCETMB or MBLEx |
| South Dakota Board of Massage Therapy P.O. Box 1062 Sioux Falls, SD 57101 Ph: (605) 271-7103 Fax: (605) 331-2043 Joyce M. Vos, Executive Secretary E-mail: sdmtb.msp@midconetwork.com <u>On the web</u> | 500 hrs | Application Fee: \$100.00 Initial License: \$65.00 Renewal Fee: \$65.00 (annually) | 8 hours biennially | NCETMB or AMMANCE |
| Tennessee Board of Massage Licensure 227 French Landing, Suite 300 Heritage Place Metro Center Nashville, TN 37243 Ph: (615) 532-3202 ext. 32111 (800) 778-4123 ext. 32111 Fax: (615) 532-5164 <u>On the web</u> | 500 hours from an approved school | License: \$110.00 Criminal Background Check: \$48.00 – TN Resident \$60.00 – Other Resident Renewal: \$100.00 | 25 hours biennially | NCETMB or MBLEx |
| Texas Department of Health Services Massage Therapy Licensing Program PO Box 149347, Mail Code 1982 Austin TX 78714-9347 Ph: (512) 834-6616 Fax: (512) 834-6677 E-mail: massage@dshs.state.tx.us <u>On the web</u> | 500 hours plus exam (if enrolled prior to Sept. 1, 2007, see website) | Application: \$117.00 Renewal: \$106.00 | Application: \$117.00 Renewal: \$106.00 | NCETM, NCETMB, or MBLEx |
| Utah Division of Occupational & Professional Licensing Board of Massage Therapy 160 East 300 South Salt Lake City, UT 84145 Ph: (801) 530-6628 | 600 hours from an approved school | Application: \$60.00 BCI Fingerprint: \$15.00 FBI Fingerprint: \$20.00 | No | NCETMB, or MBLEx and State Exam |

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| Fax: (801) 530-6511 On the web | | Renewal: \$52.00 | | |
| Virginia Board of Nursing 9960 Mayland Drive, Suite 300 Richmond, Virginia 23233 P 804.367.4403 F 804.527.4466 E-mail: nursebd@dhpvirginia.gov On the web | 500 hours from an approved school | Application and Initial Certification : \$105.00 Renewal: \$70.00 | 25 hours biennially | NCETMB |
| Washington State Department of Health Board of Massage <i>(application and payment):</i> Dept. of Health PO Box 1099 Olympia WA 98507-1099 <i>(additional documents)</i> Board of Massage PO Box 47877 Olympia WA 98504-7877 Ph: (360) 236-4700 On the web | 500 hours | Initial License: \$115.00 Renewal: \$90.00 | 16 hours biennially | NCETMB or MBLEx |
| State of West Virginia 179 Summers Street Suite 711 Charleston, WV 25301 Ph: (304) 558-1060 Fax: (304) 558-1061 E-mail: linda_lyter@verizon.net On the web | 500 hours | Initial Application: \$25.00 Biennial License: \$200.00 Renewal (biennial): \$100.00 | 24 hours biennially | NCETMB |
| Wisconsin Department of Regulation and Licensing Massage Therapy Board 1400 E. Washington Ave. Madison, WI 53703 Ph: (608) 266-2112 Fax: (608) 261-7083 On the web | 600 hours | Exam: \$57.00 Certification: \$53.00 Renewal: \$53.00 | No | State exam and NCETMB |

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